SHARE THE LOVE VALENTINE'S DAY GIFTS FOR HER ... AND FOR HIM (pages 23)



GLOWING GIRL ANISTON SAYS SHE'S HAPPY, REALLY

EDMONTON Thursday, February 10, 2011 www.metronews.ca

DISH (page 19)

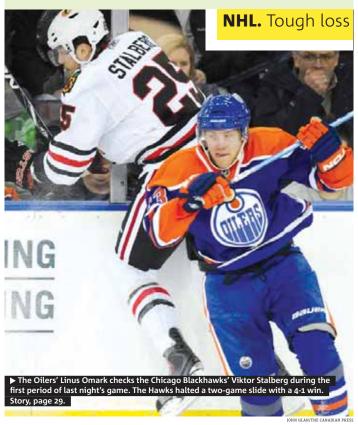


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Blackhawks down Oilers at home



But protests far from over, as U.S. ramps up pressure {page 7}

Closure on Cougar 491

Agency releases final report on crash that killed 15 (page 8)

Mayor rues issed opportunity

○ City committed funds to south LRT ○ Edmonton still looking at ways to pay for downtown arena



Edmonton Mayor Stephen Mandel isn't impressed with reports suggesting federal gas-tax money could be used for an arena project in Quebec City.

"You'd have to call and ask the prime minister why they consistently want to give help to Quebec and our name never comes up," said Mandel.

Under existing rules, the transfer of \$2 billion annually in gas-tax revenues cannot be used to build arenas or other sports facilities. Rather, the fund is designed to pay for municipal infrastructure such as roads, bridges and water-treatment plants, or for greenhouse-gas reduction and waste-management projects.

Edmonton used its share for the south

LRT.
"There's no extra dollars," said Mandel. The new proposal was brought forward to the Conservative caucus yesterday by St. Catharines MP Rick Dykstra, as Quebec City continues to push for an NHL

"I'm a bit disappointed that they made changes to help a group with something

Arena shortfall

- The Katz Group has proposed a \$450million downtown arena for the NHL's Edmonton Oilers.
- The City of Edmonton has said it can contribute \$250 million through a community revitalization levy and a ticket surcharge.
- Team owner Daryl Katz has promised \$100 million, leaving \$100 million to be funded.

when other people have already committed," said Mandel. "I don't think it's fair."

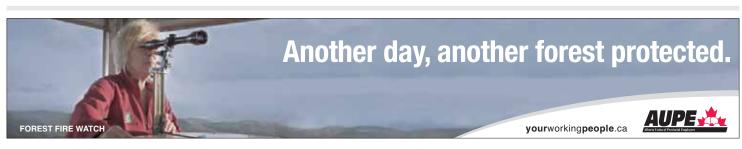
Edmonton's share of the money doubled from \$20 million in 2008 to \$43.6 million last year, and the city will receive that amount annually until 2014.

"That's expected to go on for many years," said city spokesperson Robert Moyles. "What about the municipalities that have fully committed all the funds they've got?"

A press conference has been called for today in Quebec City.

"If we knew they would be changed, we might have done things differently," said Mandel.

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Student's diagnosis brings on TB tests at high school

Students at an Edmonton Catholic High School will be tested for tuberculosis after one of its students was confirmed to have the disease.

the disease.
About 125 students
who may have come into
contact with their infected classmate at Austin
O'Brien High School were
sent home with consent
forms for testing, which
is set to begin tomorrow.

"In January, Alberta Health Services let us know a student had contracted and tested positive for tuberculosis," said Lori Nagy, ECS spokesperson.

Nagy said this is the first case TB she knows of involving an ECS student.

While often thought of as an ancient disease, the city sees "a number of cases every year," according to the acting medical officer of health for AHS in Edmonton.

"Canada and Alberta are very protected (from TB) and we have low rates, but that doesn't mean we have zero," said Dr. Marcia Johnson.

AHS is not giving details about the student, but Johnson said protocol is to isolate an infected person for about two weeks, then to continue treatment until all signs of infection are gone.

People can be unaware they have come into contact with tuberculosis, said Johnson. "With TB, if you happen to run into the bacteria and it's successful in making itself home in you in a collection of bacteria, it just goes to sleep."

Those deemed to have had close contact with the infected student will be tested first.

SHELLEY WILLIAMSON



Friends mourn 'great athlete'

◆ Teen taken to hospital following brawl outside nightclub was 'in good health,' police say ◆ Two men charged with manslaughter



Friends of a teen who died after a brawl outside a nightclub last weekend are in shock and looking for answers.

Police say Colby Baker, 19, was allegedly assaulted outside of the Buffalo Underground Night Club early Sunday and taken to hospital by EMS around 2 a.m. Police say that he appeared to be "in good health."

By 9:30 a.m. his condition worsened and he was placed on life support. Baker was taken off life support Monday and died later that day. Police have ruled the death a homicide.

Sam Badre said Baker was against violence and "has never been in a fight in his life."

He remembers his best friend as a die-hard Steelers fan who was loved by everyone.

"He was a popular kid, a

funny guy," said Badre. "He was passionate about the people around him."

Andrew Johnson, who played football with Baker, had plans to watch the Super Bowl with him last Sunday. "He was a Steelers fan, and I am a Packers fan, so it would have been fun," he mused.

Football was everything to Baker, said Johnson.

"He was a great athlete. He was going to give up an all-expenses-paid trip with

Strangers

Brent William Todd, 20, and Travis John Gabriel Martin, 22, are charged with one count each of manslaughter.

Police say Colby Baker and the accused were not known to each other.

his parents because he didn't want to miss one practice."





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News in brief



Edmonton a 'winter city'?

FESTIVAL. Metropolis could transform Churchill Square next winter after council's executive committee recommended \$215,000 for it.

"I think if we want to try and identify Edmonton as a winter city, a festival of this scale and this nature would be the way to do it," said Coun. Tony Caterina.

Heated pavilions will hold events, a restaurant and ice bar for seven weeks starting Dec. 31.

Events Edmonton's Guiseppi Albi expects the \$1.2 million event to draw 300,000. © HEATHER MCINTYRE

Man charged in robbery

LIQUOR STORE THEFT. Police have charged 58-year-old Stephen Starr with two counts of robbery, wearing a disguise, possession of an offensive weapon, failing to comply with probation and one count of criminal flight and disqualified driving.

Starr is linked to a southeast liquor store robbery. Police were able to arrest the suspect with the assistance of Air-1, police vehicle contact, and a traffic spike belt. • METRO

Suspicious death deemed homicide

BODY IDENTIFIED. The body of a woman discovered at 119 Avenue and 81 Street Monday afternoon has been ruled a homicide and has been identified as 40-year-old Jeanette Marie Cardinal. An autopsy has been completed but the cause of death has not yet been released. • METRO

City mulls Shaw Centre expansion

◆ 40 conventions have been turned away over 3 years ◆ Another 800-900 hotel rooms also needed downtown



Instead of expanding deeper into the river valley, Edmonton Mayor Stephen Mandel thinks the Shaw Conference Centre should make use of land on Jasper Avenue.

Mandel said some of the old, historic buildings, such as the Hardware Grill, could be used as part of the façade.

façade.

"Can you imagine a building, a really interesting building, with a six- or seven-storey hotel on top of it?" he said, adding connectivity could be provided underneath the avenue.

Mandel plans to visit the area, where the city already owns some land, with the Edmonton Economic Devel-



opment Corporation (EEDC).

Ron Gilbertson, EEDC president, is still a fan of expanding towards the river across Grierson Hill Road as opposed to east or west, though.

He wants to add an additional 100,000 square feet of convention space.

"We expect the demand to double in the next 10 years," Gilbertson said. "We are at capacity now."

Mandel said he has heard that \$450 million could be the cost of expanding into the river valley and that his idea would be cheaper — but Gilbertson wouldn't commit to any sort of number.

A report will come to city council in nine to 18 months.

Shaw Centre

The Shaw was built in 1983 for \$81.8 million.

- An additional 25,000 square feet was added in 2006.
- ➤ The EEDC says the Shaw and the 520,000 square foot Expo Centre — which recently had a \$150 million expansion — have only a modest overlap.
- ► EEDC president Ron Gilbertson said the Shaw is for business conventions while the Expo caters to consumer events and trade shows.
- Gilbertson also said any convention space in the proposed downtown arena district would be "complementary."

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Church may be historic landmark

In a state of disrepair: ReverendDesignation may lead to grant

History is in danger of crumbling in the city's downtown core.

The McDougall United Church, built in 1910, is "in disrepair," according to Rev. John Weinlick, who presented to council's executive committee yesterday.

The first priority is the need for re-roofing, along with chimney brick repair, which Weinlick said will cost upwards of \$200.000.

The city will provide \$100,000.

The committee also said it wants the church to be designated as a historical site, which could provide further grant money.

money.

The church also plans to fundraise.

"I think this is such a great building," said Mayor Stephen Mandel. "So many of us have been to that building."

HEATHER MCINTYRE







Winter wonderland walk

Winter Walk Day is an initiative that encourages Albertans to get active during winter months. Environmental education students led the way on snowshoes.

3 former schools may make the grade for auction block

Hey buddy, wanna buy a school?

A trio of public school buildings may soon be on the auction block after being declared "surplus" at an Edmonton Public School Board meeting this week.

Dr. Lorne Parker, managing director of planning and student transportation with EPSB, says the sale of the Prince Rupert,

Wellington and Richie buildings could mean putting some bucks into the board's capital reserves.

"We have determined the district won't have a use for them," said Parker, adding the city, school boards and then the public, likely non-profit groups, will get dibs to buy.

EPSB chair Dave Colburn said the sales could bring in "a few million dollars."

Currently the Richie building is being leased by the Francophone school district, while the former Wellington school is being leased for \$1 by two not-for-profits.

Parker estimates any sale would be "a good year" away.

SHELLEY WILLIAMSON

► Tourists listen to a historian in front of the Sphinx in Giza, Egypt's most famous tourist attraction, yesterday. The pyramids reopened to tourists yesterday as anti-government demonstrations entered their third week.

Egypt must step up real reforms: **White House**

• Thousands of state workers and the impoverished launch fresh strikes and protests over economic woes

The White House yesterday warned Egypt's leaders to expect unrelenting protests unless they start to show real reforms and a transition to a freer society, dismissing governmental concessions so far as not having met even the minimum threshold of what people want.

Obama administration officials were also increasingly blunt in describing the limits of their leverage, reasserting that the United States is not seeking to dictate events in Egypt — and that it can-

not.
"We're not going to be able to force them do anything," White House spokesman Robert Gibbs told reporters.

Still, Gibbs and other officials called on Egypt's leaders to end the harassment of activists, to broaden the makeup of their negotiations with opposition leaders, to lift a repressive emergency law, and to take up a series of other moves the Obama government has requested for days.

Obama reinforced that

message in a phone call yesterday with King Ab-dullah of Saudi Arabia in which the president emphasized the need for "immediate steps toward an orderly transition that is meaningful, lasting, legitimate and responsive," the White House said.

Gibbs suggested that some Egyptian leaders thought they could wait out the protesters by offering up some concessions and assuming that "life will return to normal" after decades of repression. THE ASSOCIATED PRESS

MISSING CHILDREN

Search for twins shifts to Corsica

The search for missing Swiss twins spread to Corsica and southern Italy vesterday, after authorities confirmed the six-year-old girls were on a ferry to the French island four days before their father apparently killed himself in Italy. Marseille prosecutor

Jacques Dallest said Matthias Kaspar Schepp and his daughters boarded a ferry for Propriano, in Corsica, on Jan. 31, but authorities could not confirm that the twins ever left the boat.

But police in southern Italy, meanwhile, interviewed a coffee shop owner who reported seeing a man and his daughters who fit the description of blonde Alessia and Livia sometime last week. The bar is located in the city of Cerignola, where Schepp was found dead

THE ASSOCIATED PRESS

He didn't know what hit him

An intoxicated man in Saskatoon strolled right into an oncoming train yesterday, but will live to tell about it.

Police say after the Canadian Pacific freight train clipped the 29-yearold, he was able to get up and walk away.

Police Sgt. Ted Sperling says the train could not be stopped in time to prevent a collision.

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Ground copters in rough seas: Report

• All 17 people who died on Cougar Flight 491 were alive when the helicopter crashed: Investigator () Impact disabled flotation devices

Fatal impact

Key recommendations in the TSB report on the fatal crash of Cougar Flight 491:

- Flights should not be allowed over seas that are too rough for a survivable emergency landing.
- Sikorsky S-92 helicopters should be able to run dry without lubrication in their main gearboxes for at least 30 minutes.
- The FAA should look at extreme environments and decide whether gearboxes should be able to operate for longer than 30 minutes without oil.
- **Emergency air supply** should be on all flights that require survival suits.

A Transportation Safety Board report into a deadly helicopter crash off Newfoundland recommends grounding flights over seas that are too rough for a survivable emergency landing.

Wendy Tadros, the board's chairwoman, said yesterday that all Sikorsky S-92 helicopters should be able to run dry without lu-brication in their main gearboxes for at least 30 minutes.

She also said the Federal Aviation Administration in the United States should look at harsh operating environments and decide whether the gearboxes should be able to operate for longer than 30 minutes without oil.

The board had already said that the failure of titanium studs that secured the oil filter bowl assembly to the helicopter's main gearbox caused a loss of oil pressure before Cougar Flight 491 crashed into the North Atlantic March 12, 2009.

The crash killed 17 people who were on their way to Newfoundland's offshore oilfields.

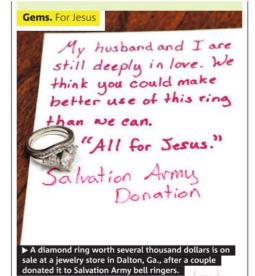
The sole survivor, Robert Decker, was rescued after a narrow escape from the wreckage. He endured 75 minutes on the frigid ocean surface in a leaking survival suit as he waited for

help. Mike Cunningham, who led the investigation for the board, said those who died were alive when the helicopter crashed, and flotation collars meant to "If the sea state is too rough for a successful emergency ditching, then a helicopter shouldn't be operating. Period." WENDY TADROS, CHAIRWOMAN,

TRANSPORTATION SAFETY BOARD

keep the aircraft from sinking never deployed.

The pilots reported a loss of oil pressure in the chopper's main gearbox about 11 minutes before they hit the water. They turned back for land and told passengers they were ditching just before plunging into the sea about 55 kilometres east of St. John's. The Canadian Press



Say it with diamonds

Salvation Army officials are selling one of the more unusual items they collected during their Red Kettle drive: A diamond wedding ring. An unidentified couple approached bell ringers Dec. 22 outside a grocery store in northern Georgia and left the ring. They also left a Christmas card with a note on the back. The ring is on sale at a Dalton jewelry store, where sealed bids are being taken for the next 30 days. It will then be sold to the highest bidder, with proceeds going to support Salvation Army services.



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Plant the finance seed, says report

◆ Task force recommends financial literacy for elementary level

Canadian schools should start teaching children about managing money as early as elementary grades, says a federal task force on financial literacy.

In a report issued yesterday, the blue ribbon panel concluded that many Canadians are ill prepared for a financial world that is becoming increasingly complex by the year.

And it says education, starting as early as elementary school, is the best way to sow the seeds of knowledge and skills Canadians need to save, invest, buy homes and plan for retirement later in life.

"There's a lot of re-



search that suggests that early adoption of this (education) is quite powerful," said Donald Stewart, the task force chair who is also chief executive of Sun Life Financial.

"We would suggest no later than Grade 10, and if you can fit in pieces of it earlier, studies suggest it would be beneficial."

THE CANADIAN PRESS

➤ A female cheetah cub clings to lead keeper Lacey Braun for its daily weighing at the Smithsonian Conservation Biology Institute in Front Royal, Va., yesterday.

Brother from another mother

Two cubs were born in December to different mothers, and the male cub was placed with the female cub and her mother, Zazi, as female cheetahs don't produce enough milk when only a single cub is present. The male cub weighed in at 10 pounds, and the female at nine pounds.

Woman dies after buttock injection

Police investigating the death of a British woman who received a cosmetic injection in her buttocks at a hotel near Philadelphia's airport say they've questioned a woman they think set up the appoint-

ment online.

Police executed a search warrant Tuesday night at the Bergen County, N.J., home of the woman who is not under arrest.

Authorities are still pursuing a second woman they believe performed the procedure.

The British woman became ill and died Tuesday. She and another woman got injections Monday at the Hampton Inn near the airport.

THE ASSOCIATED PRESS

Mom-to-be mistakenly given drug for abortion

A pregnant woman mistakenly given an abortion drug by a pharmacist faces an excruciating wait to find out the fate of her unborn child.

A pharmacist at a Safeway supermarket in Fort Lupton gave Mareena Silva the drug methotrexate last week. The drug, intended for another woman, is used in chemotherapy and to terminate early-stage pregnancies.

Silva, who is six weeks pregnant, told KMGH-TV in Denver that she took a pill and checked the bottle after becoming sick. She was rushed to the hospital.

Doctors say Silva could miscarry or have a baby with birth defects.

THE ASSOCIATED PRESS





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Market moment



App to help

you confess

CONTRITION, Got sins? A

new app for the iPhone

and the iPad seeks to help

Catholics prepare for con-

fession, that sacred ritual

The \$1.99 app then

guides you through con-

trition and offers sample

priest. THE ASSOCIATED PRESS

Palm unveils

TECHNOLOGY. Smartphone

pioneer Palm is releasing

its tablet

text you can tell a real-life

of seeking penance for sins big and small.

News in brief

Palm unveiled the device yesterday at a media event in San Francisco. THE ASSOCIATED PRESS

clearer labels

going to be easier to know how many calories you're consuming when you sip a soft drink as a result of an initiative by Canadian non-alcoholic beverage companies. The calorie count will be moved to the front of cans and bottles from the back, and full serving details will be provided on standardized labels. The initiative is called Clear on Calories.

its first tablet computer, the TouchPad.

Drinks to get

CALORIE COUNTS. It's soon THE CANADIAN PRESS

TSX boss feels on top of the world

Kloet says linkup with London will 'redefine the global exchange business' Dut Industry Minister Tony Clement urges caution

Call it a world-beating winwin situation.

A transatlantic union between the biggest stock exchanges in Canada and Britain will create a new force in global finance, the head of the Toronto Stock Exchange said yesterday.

The linkup between TMX Group and the London Stock Exchange will "redefine the global exchange business," chief executive Thomas Kloet added.

But even as the Canadian British operators planned to join hands, officials at stock exchange operators in New York and Germany announced their own merger talks.

Euronext Deutsche Boerse AG said there's no definite deal, but the combination could set

up a powerful rivalry between two stock market gi-ants, each with a foot on two continents.

The merger activities continue a years-long trend that has seen smaller regional and national securimarkets and ties commodities markets join together in response to the global nature of their industries.

Meanwhile, Industry Minister Tony Clement said his department will look at the deal to see whether it requires an official review to determine if it's good for Canada — like the one last year in which Clement stopped the \$38.6-billion US takeover of fertilizer company PotashCorp by mining giant BHP Billiton.

THE CANADIAN PRESS







RUN OVER BY A STREETCAR NAMED DESIRE



Pucker up, lovebirds! (Can birds pucker?)

t's time for Valentine's Day, that love-laden event where, like surgeons, we exchange hearts and hope no blood is spilled. Ever since some guy named Valentine got beaten and lost his head during a time of persecution, we've been celebrating the obvious tie-in with relationships.

It sort of makes you think. In my case, my feelings toward the day have run as hot and cold as any Harlequin romance.

I hated Valentine's Day when I was young and unlucky in love, replaying every failed relationship in my mind over and over like a little Zapruder film, trying to decipher exactly what

happened.

I loved Valentine's Day when I was engaged to be married, my love life as overflowing as Pamela Anderson in a "C" cup (you see

how romance and poetry permeated every fibre of my being).

Now that I'm divorced, it would be fair to assume I hate the day again. ready to tell the world where it can put Cupid's arrow.

But you would be wrong. Mostly, I

feel nothing — not jaded, joyless nothing, just nothing. I feel like I've been through enough in my life that no day can instruct me how to feel, good or ill.

I remember crushing on Nicole Boudreau in Grade 4 and

changing the words of Christmas In Killarney so it went, "It's nice, you know, to kiss Boudreau, while cuddling under the mistle-

"... mv feelinas toward (Valentine's Day) have run as hot and cold as any Harlequin

romance."

I remember my first love with Julie, a relationship so overwrought with tender, naive passion that Justin Bieber would have gagged.

I remember getting so infatuated with Cora in my early 20s that

every song on the radio had added romantic weight, even if it was a jingle about toilet bowl cleaner

I remember kissing my future wife in the rain.

And that's just the positive

stuff. I've been run over by the streetcar named desire more times than I can count. I've been single, taken, engaged, married, divorced, exalted, ecstatic and en-

I'm not unique, by any means. But the day seems irrelevant to me. Valentine's Day can't move me or hurt me any more than Halloween can scare me or Labour Day can convince me to get a union card.

I'm just glad to know that there will be more times in my life — day unknown — when I'll go sappy, lose sleep, lose weight, feel sick to my stomach, and be scared. After all, that's what true happiness is about.



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

Penny for your thoughts





Letters & Tweets

Finance Minister Jim Fla-herty spoke darkly on the penny's future this week and the coin's days appear numbered. Surely, the first currency most of us ever saved enough to roll deserves a warm send-off, so we asked you for your obituaries and

@lexiebexson: Due to cutbacks in the economy, the penny is now penny less. It's been nickel-anddimed to death.

@wilcre: Pennies, they corroded their way in. Now oxidized from us, rest my friend, you won't be forgotten for the next "DOT,"

@chelsea_mac1: The penny
will be missed by all.





Specifically by stores that will no longer be able to use \$0.99 as their pricing strategies.

@toothpickgirl: RIP penny you had great cents. @stevehalifax: I guess the price of a "thought" jumps to five cents now! @trevorboller: Canada loses all intelligence due to no more penny for your thoughts.

And here are a few dissenters, for whom the penny will be anything but missed.

@go2plan_b: Personally, I'll be glad to be rid of the penny.

@dev0kan: Good riddance. Pennies smell bad and cost more to make than the \$0.01 that they're

What's your Friday ritual to unwind from the week? **Email** edmontonletters @metronews.ca **Twitter** @metroedmonton

Metro has the right to edit letters and submissions.

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Publisher Steve Shrout, Managing Editor Darren Krause, Sales Manager Cheryl Skogg, Distribution Manager Jim Hillman

METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Asst. Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst. Managing Editor Amber Shortt, Art Director Laila Hakim, Business Ventures Director Tracy Day, National Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute at RV Expo and Sale

Thinking of going RVing? Get started at the 31st annual Edmonton RV Expo and Sale at the Edmonton Expo Centre (7300-116 Ave.), beginning today and running through to Sun-day. Browse the latest products, trends and services and check out the RV Lifestyles Theatre seminars, including: RV towing vehicle and hitches; RV

lifestyle tips; RV safety; customs information; RV insurance; and travel destinations. Tickets for adults are \$14, seniors \$9, vouth (7-17) \$7, children younger than six are free, and a family is \$30. The show runs today from 3-9 p.m.; tomorrow and Saturday from 10 a.m. to 9 p.m., and Sunday from 10 a.m. to 5 p.m. . ALISON BAIRD





Scene in brief



Lesbian Alliance Against Defamation is honouring Ricky Martin and Kristin Chenoweth. The organization announced yester-day that Martin will receive the Vito Russo Award at GLAAD's 22nd annual Media Awards on March 19 in New York City. The award is presented to an openly LGBT media professional who made a significant difference in promoting equal rights THE ASSOCIATED PRESS

$Girls\ know\ how\ ^{\text{Check out the spring fashions}}$ to play rough

• The E-Ville Roller Derby contests are a fun way to spend Valentine's Day You will see plenty of elbows and fists flying from these rough ladies

BACKSTAGE PASS

IENNIFER LARAWAY



Looking to let out a little aggression Valentine's weekend? Let's face it

Valentine's Day is something you either love or loath. If you belong in the latter category, check out the hard hitting sport of flat track roller derby. The Los Pistolitas take on the Slice Girls at the E-Ville Roller Derby on Saturday Feb. 12 at the Hangar on Kingsway.

With more sass than a bag of lemons, these girls take no prisoners on the

If you're like me and are intrigued by roller derby but don't know too much about it, here's the 411 on the basics of the

For starters, a game is called a bout and has two 30-minute halves. The periods of play are called a iam. Each team has five players on the track per jam for a total of 10 skaters. Four blockers and one jammer form each team.

Jammers score the points, so it's up to the blockers to get them through the pack of girls while trying to stop the opposing jammer from getting through. The jammer doesn't score the first



time they get through the pack, but the start racking them up for every member of the opposing team they pass after that.
Some of the penalties

to look for: Grabbing or use of hands, blocking with forearms, tripping, kicking or blocking. If that wasn't enough, you can also watch for the

Background



E-Ville Roller Derby is Edmonton's largest roller derby league

The league has four house teams: Blackgold Diggers, Los Pistolitas, the Slice Girls and the Berzerkhers E-Ville Dead is the all-star

traveling team Edmonton's Derby league is home to Canada's first junior league for kids 10-

pushing, shoving punching and elbow jabs.

Why have I been wasting so much time at hockey games waiting for the

Tickets are \$15 at the door or \$10 in advance and available from brownpapertickets.com.

Each week Metro takes you backstage with some of the biggest event per-sonalities and talent this city has to offer.

Join the conversation on Twitter with @mediamindien or to submit an upcoming event email: entertainmentedmonton@metro.ca.

It's hard to imagine, given the arctic temperatures of late, that spring fashion is just around the corner. Western Canada Fashion Week has big plans for Edmonton, especially Whyte Ave. During Fashion Week (March 24 to 31, Whyte Avenue will be temporarily rebranded into Fashion Avenue.

It's a label worthy of designer status considering the one-of-a-kind shops and boutiques that line 82 Avenue. Some of my favourite stores in the country are little holes-inthe-wall, tucked just off the main drag.

JENNIFER LARAWAY



Bring sexy back to Valentine's

Give him a Valentine's Day that you both won't soon forget with a sexy workout workshop.

Taking place Saturday at 6563 Gateway Blvd., this all-day marathon will give you a crash course in lap dancing, strip teases, and sexy games. İnner-stripper virgins are welcome — just bring your heels, they provide the pole.

Not only is this a great way to learn some new moves, it's a great workout that will leave you feeling fabulous whether you're in a relationship or not. Register through Kijiji under the Valentines Workshop Marathon listing.

♠ IENNIFER LARAWAY

Kennedys producer happy with new home



illegal sale of box set

The Canadian producer of a beleaguered TV miniseries about the Kennedy clan says its new U.S. broadcaster is backed by a "really strong family ... independent of any kind of outside influence.

Roughly one month after the U.S. History Channel dropped The Kennedys from its schedule, Michael Prupas says he's pleased to see it land with the lesser known digital outlet Reelz Channel. The \$30-million series was slated to be History's first scripted program, which the cable outlet commissioned and helped finance with Pru-Muse Entertainment. of Montreal.

But the channel suddenly dropped the Toronto-shot drama from its schedule amid suggestions Kennedy family members and supporters were unhappy with the project.

The series airs as a fourpart miniseries in Canada on History Television on April 10 and as an eightpart series on Reelz Channel on April 3.

The Albuquerque-based digital outlet, available in more than 56 million U.S. homes, mostly airs Hollywood theatrical movies, and Prupas admits the Kennedy controversy serves well to enhance the upstart's profile. Still, he

said the benefits go both ways, alluding to allegations the Kennedy dynasty intervened in the History airing.

"The Reelz Channel is led by a really strong family ... they're independent of any kind outside influence and are prepared to stand up and be counted and try to make the best possible promotion of the show that they possibly can," Prupas said from New York, where he was promoting the se-

Prupas traces the trouble back as far as last winter, when Liberal filmmaker Robert Greenwald got a copy of an early version of the script that included scenes of John Kennedy's sexual interests.

"Big surprise for every-body that he actually had extra-marital affairs," Prupas says sarcastically.

THE CANADIAN PRESS

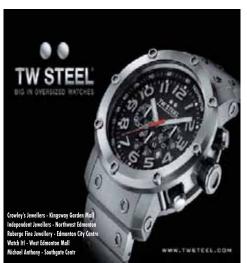
David among Goliaths

• Arcade Fire find themselves going up against giant acts at Grammy's Bookies see their odds improving

It's certainly been a while since the Arcade Fire has been cast as the underdog.

The Montreal rockers third album, The Suburbs, surfed a tide of critical superlatives to hit No. 1 on the chart in countries around the world upon its

release last summer. Headlining gigs at Madison Square Garden followed, as well as a memorable performance on Saturday Night Live and the announcement of more highprofile gigs, including a





spring's Coachella Festival.

The little band that could suddenly didn't seem so little. Three nomi-nations at this weekend's Grammys followed, including a nod for the evening's top prize: album of the

However, up against the likes of leading nominee Eminem, Katy Perry, Lady Gaga and country stars La-Antebellum, Arcade

Fire once again look every bit the upstart challenger the David among Goliaths, as Entertainment Weekly called them in a recent issue.

But the band isn't having it.
They think they have a

shot at winning.

"We definitely have a chance," said multi-instru-mentalist Will Butler in a recent telephone inter-

"I actually looked at the London bookie numbers and we have nine-to-two odds of winning.
"They take their gam-

bling pretty seriously. I checked when we were first nominated and we had a 10-to-one shot. I guess we're on the move.

That has certainly been the case for the past year, one in which Arcade Fire cemented its status as one of the top rock bands in the world.

For the record, as of Tuesday, Sportsbook.com listed Arcade Fire as having a four-to-one shot at claiming the album of the vear award, tied with Eminem, Gaga. evening's top nominee with 10 nods, is the favourite.

THE CANADIAN PRESS

His daughter is walking the line

Nominated for a Grammy, Rosanne Cash speaks about her legendary father, the huge popularity of The List

With a bestselling memoir and an album that never seemed to stop resonating with fans, Rosanne Cash celebrated the end of 2010 with a long break full of restful sleep.

This year seems no better, though. She's up for a Grammy Award for The List, her tribute to her iconic father, Johnny Cash; she's writing songs with Rhett Miller of the Old 97's, Joe Henry and by herself in anticipation of a new album; and she'll join Henry and Billy Bragg in the studio in March for another new project. She's also planning to

tour this year and is taking notes for a follow-up to her highly regarded memoir, Composed, which earned spots on the best of lists of Publisher's Weekly, Kirkus

Reviews and Amazon.com. "So I still have a lot of work ahead of me," Cash said. "I'm looking for more sleep. Maybe in 2012."



Did the enduring success of The List, your recording of your father's list to you of must-listen-to songs, catch you off-guard?

It did. I'm certainly not a big radio artist. In fact, it's hard to garner a lot of radio play for anybody working in my genre at my age. So I knew I couldn't count on that. So then it's, how do I sell this record without a lot of radio play, and it was a challenge for the marketing team to figure out how to present it. But there was a great back story to it and people were interested. and there was more interest in The List than I expected. I thought, 'Oh, this will be a quiet thing and some people will appreci-ate it.' It did very well, and it was satisfying to me, but I have to admit truthfully, it was a little jarring that I felt like my biggest success in a long time are songs that I didn't write. It shook me a little bit.

Have you made plans to release the entire list to the

No, I haven't and I'm not ready to. So much of my dad has been co-opted by the public and this was such a personal thing to me. And I'm just not ready to post it on the Internet or something, you know what I mean? I want to hang on to it for a little while. ... Eventually it should be archived properly, but right now it's mine. Do you plan to cull another

album from the list?

Yeah, I think so. There's certainly a wealth of material and it makes sense. People ask me about that all the time. So I think I would.

Your memoir was very well received. Do your writing ideas come from the same place as your songwriting

ideas? Oh, sure. And if I were a painter it would come from the same place, or a ballet dancer. I think that creative impulse can have a lot of different mediums. Is it easier to share personal things because you've done it for decades in song?

Cash: That was a different experience as far as revelation or the feeling of revelation, anyway, because in songs, even though people think my songs are all confessional, they're not really. I know where I took poetic li-cense. And there was certainly no fact checker at the end of the songs. But writing in the book I did feel a responsibility to the facts as I remember them. THE ASSOCIATED PRESS

No revenge, but Helms is a nerd

• Funny man Ed Helms on his first role as a leading man • Tells why he likes to play nerds (hint: he is one)



Ed Helms would have you believe that he's nothing like the sweetly innocent

nerds he's played in The Hangover, The Office and most recently in Miguel Arteta's Cedar Rapids. But as he gets settled into a hotel room on New York's Fifth Avenue, jumping up to open all the shades to let

sunlight in, it's obvious that he's every bit the loveable geek that he plays on

the big and small screens. "I had a heart condition as a teenager and my doctor was like, 'If you ever do cocaine, you could die,' so that instantly sealed my fate as a nerd," says Helms.

He's referencing a scene Cedar Rapids where as button-up insurance agent Tim Lippe, he finds himself at a backwoods party. Tim's



earnest, sheltered man whose trip to an insurance convention in the titular location is nothing short of an emotional and intellectual awakening. It's that unworldly naivety that draws Helms to these sorts of characters.

"I am a genuinely naïve person," Helms says sarcastically. "No, I don't think I mean as much as Tim Lippe, although I wish I did more often. But I envy that idealism and optimism. Tim has such faith in people and most of us who

have been around for a while have lost a bit of

But is the real Ed Helms anything like, say, his character Andy "Nard-dog" Bernard from The Office? The two share a love of a capella, after all.

'Oh you're trying to get at me, like who am I compared to these guys?" he asks. "Well I think like a lot of people, I try to do the right thing most of the time but I mess up a hell of a lot and maybe sometimes I don't try hard enough."



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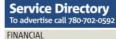
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CANADIANS AREN'T DULLARDS WHEN IT COMES TO SEXUALITY

So says Dr. David McKenzie, a Vancouver-based couples counsellor and sex therapist – and that's especially true if you live in British Columbia. The province is considered to be more sexually open compared to Ontario, for example, where the industrious and somewhat uptight profile of the province is likely reflected in the boudoir as well!

"Sex never stands alone. It's always connected to other issues, both within ourselves and within relationships," says Dr. McKenzie. "So if you're going to have a more liberal and open person politically and otherwise, you're going to find that person on the whole to be more open too."

McKenzie says B.C. tends to be the adventuresome 'frontier land' of Canada. "Vancouver attracts a lot of people who want a more laid-back, recreational lifestyle."

Other regional personalities in Canada that he has noted: the Maritimes tends to be community-oriented with friendly down-to-earth people; Quebec is the passionate province; the Prairies are a friendly place; and Alberta is a very conservative province... with a more conservative attitude sexually.

In general, Canadians of all ages embrace sexuality. McKenzie cites a recent study by Eli Lily that shows couples in their 50s and 60s want more robust sex lives – they're looking for more adventure.

At the same time, Alexander McKay, research coordinator for the Sex Information and Education Council of Canada, says Canadian youth in particular have become more educated about sexuality. Younger people are

increasingly savvy about their sexual health compared to past generations. They're more likely to use condoms and less likely to get pregnant then their parents were.

"All of it is part of the gradual liberalization of Canadian society around the issue of sexuality." McKay says youth in general are feeling more comfortable talking with friends and health professionals about sexuality and sexual health. Sex education has improved in some schools, and the internet has provided a way for every person to access information that is specifically suited to their own needs.

BEHIND CLOSED DOORS

McKay cautions that many Canadians are blissfully unaware about sexual health. He says people in their 20s, 30s and people who are newly single, are ignorant about things like sexually transmitted infection, and put themselves at risk.

Consistent condom use helps to reduce the risk of infections such as HIV, Chlamydia, genital herpes and HPV. Unfortunately, condom use declines with age.

"Some people stop using condoms when they are in a relationship. But most of us have more than one relationship over the years. If you stop using condoms in each relationship that equals unprotected sex with a number of different partners and increases the risk for getting a sexually transmitted infection."

DIGITAL DATING



If it hadn't been for an online dating site, the two worlds of Edward, 44, and Suzanne, 38, would never have collided.

Today, five years later, the Scarborough electrician and the Mississauga schoolteacher are married with two small children. Life together is good, although Suzanne is a little embarrassed to admit meeting online.

She needn't be — millions of people exchange messages on dating sites every day and countless long-term relationships and marriages occur as a result. In fact, a 2005 UK survey found that relationships that begin on dating sites, and continue offline last as long as those started in more traditional ways.

"The perception of online dating has changed dramatically since the early days, and the stigma is disappearing," says Kim Hughes, singles and dating expert for Lavalife.

Partly it's the success stories, like Suzanne and Edward. But technology deserves some of the credit. With internal email and voice systems, identities are protected "until you decide to give it," Hughes says.

With the explosion in internet use, and 24/7 access to sites, doors have opened to communities one wouldn't otherwise meet due to geographical or occupational differences.

Success depends on how well you craft a profile, and what your expectations are, says Hughes. Her advice is to "know your core values, but be fluid on everything else."

Occasionally, people meet someone special very fast, but usually it takes a while, with six months being a "good baseline," Hughes says.

The choice is wide – general online dating through Lavalife, Match.com, FriendFinder, and more detailed services through sites like eHarmony, and Chemistry.com.

Niche dating sites help connect individuals with common outlooks -- Christiancafe.com, Jewishcafe,
Buddhistpassions, Senior Match, Green
Friends. And other sites – like Facebook
and MeetUp – connect individuals with
like-minded groups, which can then go

on to organize facetime meetings.

Though some sites are free, most charge from \$20 to \$60 a month. Generally, the cost reflects the security and service with some conducting background checks, or matching people through detailed questionnaires.



THERE ARE MANY METHODS OF CONTRA-CEPTION

and all of them, in a splitsecond, can fail.

Not to sound grim, but that's a fact. It could be as simple as missing a few birth-control pills. It could come down to a broken condom, or one that just slipped off. Maybe you forgot to insert your diaphragm? Anyone could make these mistakes, and lots of smart people do, every day.

But maybe all this seems moot? Maybe you're the type to plan ahead—someone who knows your own body and when you're most likely to get pregnant? Don't be so sure. People talk about a 'safe time of the month,' but it's hard to measure that precisely. Many women don't have regular periods anyway, particularly when they're stressed. Remember, too, that sperm can live up to seven days, so even

if you hadn't ovulated when you had sex, the sperm could still fertilize the egg afterwards. You don't want uncertainty at a time like this.

Why take the risk? Why wait? You have an option. You can take control with plan B*. plan B*, the "morning after pill", shouldn't replace your regular contraceptive method, but you can use it more than once, if you need to. Think of it as your emergency response. Accidents happen, even when you're careful, and that's why you have a plan B*.

GOT THE FACTS ABOUT PLAN B°?



Like any form of contraception, plan B*, the "morning after pill", isn't right for everyone, so make sure to talk to your doctor and pharmacist about the drug. In the meantime, you can test your knowledge with this true or false quiz:

"PLAN B® HAS NO EFFECT ON MY LONG-TERM FERTILITY." — TRUE

plan B® only works to prevent pregnancies occurring within the previous 72 hours. There is no evidence that plan B® has any effect on a woman's future ability to become pregnant.

"IT'S UNSAFE TO TAKE PLAN B[®] More than once." — False

plan B® should not be used on a regular basis, nor does taking extra doses make it more effective. However, there's no medical reason why you can't use it more than once.

"I NEED TO SEE MY DOCTOR To get plan bo." — False

plan B® is available at pharmacies across Canada. It can be found on shelf in all provinces except in Saskatchewan where it is kept behind the counter and in Quebec where it is available under prescription by your pharmacist.

STILL HAVE QUESTIONS? NO PROBLEM.

Call the plan B* info line to get answers, from anywhere in Canada, at **1-888-550-6060**. And for more information about plan B* and how it works, visit **www.planb.ca**.

 $Plan \ B^* \ is \ an \ emergency \ contraceptive. \ It \ is \ not \ recommended \ for \ routine \ use \ as \ a \ contraceptive.$ It des not protect against HIV/AIDS ad other STDs. This product may not be right for you. Always read and follow label directions.

PLAN B° TO THE RESCUE

Your birth control method just failed. How do you feel? Scared, maybe? Trapped? Pregnancy's a wonderful thing, but not until you're ready for it. And that's why you've got plan B*, the "morning after pill".

If you've had unprotected sex or a contraceptive accident in the last 72 hours, and you don't want to get pregnant, plan B^{\otimes} may be your best way to prevent it. How effective is it? The sooner you take it, the more likely it is to work. In fact, if taken within 24 hours, it is 95% effective at preventing pregnancy.

HOW DOES IT WORK? plan B* was the first emergency contraceptive approved for sale in Canada back in the year 2000 and it is taken by hundreds of thousands of Canadian women every year. It's simple to use: just two tablets, taken together, each containing 0.75 mg of levonorgestrel—the same ingredient commonly found in many birth control pills. If taken within 72 hours, plan B* helps prevent pregnancy (by doing one of three things: temporarily stops the release of an egg from the ovary, prevents fertilization, and prevents a fertilized egg from attaching to the uterus).

It may also be comforting to know that plan B* has no effect on an existing pregnancy; clinical studies show that plan B* will have no effect if you are already pregnant.

It's very unlikely that you will have any severe reaction to plan B*. Some people might experience nausea or vomiting after having taken plan B*, and these side effects usually pass within 24 hours. Speak to your pharmacist to find out if it's right for you.

GET IT AT THE PHARMACY. USE IT. IT'S EASY.

If you need plan B*, it isn't hard to find. No need to go see a doctor, just head to your local pharmacy. The "morning after pill" is available across Canada, and in most provinces, it can be purchased over the counter. Look for it under Birth Control, Contraceptives, Feminine Hygiene, or Family Planning. If you live in Saskatchewan, plan B* is kept behind the counter. And if you're purchasing it in Quebec, you'll need a prescription from your pharmacist. Pretty simple.



Did you know that forgetting two birth control pills can matter?

Misconceptions can lead to conception. More often than you might think, unwanted pregnancies happen because we don't have all the facts. Or, if we do have the facts, we sometimes kid ourselves they don't apply to us. If you've had unprotected sex or a contraceptive accident, you are at risk of an unwanted pregnancy — so don't wait till it's too late. It's only human to put off decisions or tell ourselves that everything's fine. But if you wait for your next period, you may have a much bigger decision to make.

plan B* gives you another option. It's the morning-after pill that acts before fertilization by temporarily stopping the release of an egg from the ovary. You can take it up to 72 hours after intercourse; but the sooner you take it, the more effective it is.

plan B[®] is now available directly on pharmacy shelves.*
No prescription is required.*
For more information, visit www.planb.ca

plan B* is an emergency contraceptive. It is not recommended for routine use as a contraceptive. It does not protect against HIV/AIDS and other STDs. This product may not be right for you. Always read and follow label directions.





TAKE STOCK OF YOUR RELATIONSHIP

Whether you're with a longtime partner or have a brand new lover, this is a great time of year to take stock of your relationship. We posed a few common questions of the heart to an expert in the field – Dr. Laurie Betito, a Montreal psychologist with a specialty in sex therapy.

WHY ARE SO MANY PEOPLE INVOLVED IN ON-AGAIN. OFF-AGAIN RELATIONSHIPS?

The main reason is that couples don't address the problems in their relationship, so it becomes a vicious cycle. "Couples break up for a reason, then get back together; there's a honeymoon phase, then the same issues come up, and then they break up again," says Betito. They may fear being alone or simply miss the great sex. "They may be nostalgic for the good stuff," says Betito. "They forget the negatives and what led to the breakup and only remember the good times."

Older people tend to have fewer on-again, off-again relationships. "Our expectations of a relationship are completely difference when we're 50 than when we're 20," says Betito.

"We're much more realistic when we're older; we know what we want and we're better able to communicate that."

HOW LONG SHOULD YOU WAIT BETWEEN RELATIONSHIPS — AND WHY?

Everyone grieves differently and at a different pace, but if you tend to hop into a relationship immediately after ending one, or start dating someone new even before breaking up with someone else, you should examine this rebound tendency. "Ask yourself: Why do I always need to be with someone? Why can I not be happy alone?" says Betito, "This kind of pattern doesn't give you a chance to figure out what went wrong, and to learn from it."

It may be different in the case of a divorce, especially if it's being dragged through the courts. "It would be nice if you waited until the divorce was final to start a new relationship – in this case, I think

a year is reasonable – but sometimes the timing is out of your hands," says Betito.

HOW MUCH SHOULD YOU TELL A NEW LOVER ABOUT PAST RELATIONSHIPS?

That depends on a number of factors. For example, a woman would want to know that a prospective partner has cheated on every person he's ever been with, says Betito. "She may also want to know that he's bisexual or has an STI - not chlamydia, which is curable, when he was 18 years old, but if he has herpes or HIV." That said, information about past relationships is not something a woman - or a guy for that matter - wants to lay out during the first meeting, she says. "You wait and see if there's a potential relationship here, if this new person is someone you want to open yourself up to."

These days, it's not unusual for even relatively young people to have had several significant past relationships, even several marriages. "There's the whole notion of the starter marriage followed by the marriage that produces children and then a third marriage later in life, possibly after a divorce or widowhood," says Betito.

Wyou thinks bouquet of roses is the standard Valentine's sift you may be wrong.

More than ever before, couples are headed to the adult toy store for their Valentine's shopping. Once viewed as mere novelties, and ones meant solely for use alone, adult toys have enjoyed a surge in popularity and acceptance among couples. Many people are discovering the benefits of incorporating play into their sex lives. Brenda Kerber, owner of the Traveling Tickle Trunk, has been educating people about these benefits for years, "There are many ways that sex toys can make our sex lives, and our relationships, happier and more satisfying," she says, 'and not necessarily in the ways you might think'. Among the benefits she notes are:

- Toys help us to laugh. Laughter reduces the production of stress hormones which interfere with feeling relaxed and focused during sex. Also, when we laugh, our bodies produce endorphins which can contribute to us feeling happier and more positive during sex.
- Sex toys can be conversation starters for partners. Many of us find it hard to tell our partners what we are feeling during sex, or what feels good or exciting to us. When you introduce a toy, you'll naturally want to talk about what you thought of it. This is a great lead in to talking about other aspects of your sex life.
- Toys can create a feeling of excitement. When you do something you've never done before, or something that feels just a bit daring, your blood gets pumping, your hormones start flowing, and every sensation you experience feels more intense.
- A new experience with a toy can become a bonding experience between partners. It's something you two have tried together and shared together, and only you know about. That sweet secret can create a feeling of closeness.

If the idea intrigues you but the thought of shopping for adult toys conjures up images of seedy corner video stores, you'll be in for a pleasant surprise. "The new generation of toy store owners understands that people want a place where they can feel comfortable," says Kerber, "they want to know that they are buying safe, quality products." Sex-positive toy boutiques, like the Traveling Tickle Trunk in Edmonton, offer an open, bright and inviting atmosphere where people are encouraged to handle the demonstration models, read the books, and chat with the staff, "Far from an embarrassing drop-in for a quick purchase, a visit with us can turn out to be a lot of fun," says Kerber, "Our customers often spend an hour or even more in a visit, checking everything out, and they usually leave with some new information or some great ideas to incorporate into their love lives."

If you've been looking for a new and exciting idea for Valentine's Day, a trip to the adult toy store, might just be the perfect date.



9923 - 82 Avenue, Edmonton, AB www.travelingtickletrunk.com



Aniston insists she is very happy

Jennifer Aniston says she's well aware of what people's biggest misconception of her is — that she is somehow unhappy.

"That I'm unhappy. I'm really happy. Really," she tells People magazine.

The former Friends star is getting a little tired of the public's expectations for her personal life.

"I think people honestly just want to see me as a mom and married and barefoot and pregnant in "I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen"

JENNIFER ANISTON

the kitchen," she says.

"And I just want to say, 'Everybody, relax! It's going to happen."

METRO



Miley dating her latest co-star?

Miley Cyrus is reportedly getting close with her latest co-star, actor and former rugby player Josh Bowman, who previously dated Amy Winehouse, according to People magazine.

"They're definitely dating. It's legit," a source says, though another

"They're definitely dating. It's legit" source

source close to the former Hannah Montana star begs to differ

"Miley is single. They're not dating. They're just friends." • METRO

Celebrity tweets



Howard Stern [@Howard-Stern] I'm liking twit-

ter. Just filed the papers to divorce my face book.



Stephen Fry [@stephenfry] Amazing how

many of you failed to see the letter "i" in the word recital.... tsk tsk



Sandra Bernhard [@Sandra-Bernhard]

up in london press day, might swing by manolo blahnik and say hi to kids. nab a pair of heels duckey!



Tom Arnold [@Tom-Arnold]

Enough piling on...! think it's time we leave (Alindsaylohan alone!

Perry looking for marriage counsellor

PEOPLE Katy Perry is enjoying success as a singer at the moment, but she says her marriage to Russell Brand takes precedence.

"I think some people will die on the stage, and I'm not so sure I want to do that. Like, I want to have kids," Perry tells Elle magazine.

"I'm totally fine with saying that. I think some people are scared because they're worried it's going to ruin their career, but I want to live a full life."

But first, she and her new husband may have some issues to address, according to a source who tells Life & Style



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New York Fashion Week kicks off today, igniting a calendar of garment-geared events throughout the world • Get to know some of the dames you'll be dealing with as the monthlong fashion onslaught begins

A guide to fashion's

five ferocious tribes





Front row at the

A showroom appoint

nent to "re-see" that

THE BLOGGERATI

Most popular members: Bryanboy, Tavi, Garance Doré, Jak & Jll's Tommy Ton, Hanneli Mustaparta Key traits: A fun-loving crew, the bloggers are like one big group of friends rather than competitors. They're the ones who are actually smiling and having fun at the shows, partly because they're just happy to be there. Where to spot them: On

the street waiting for a show to end or in the front row

Tribes-within-a-tribe: The street-style bloggers, who take pictures of others versus the personal-style bloggers, who take pictures of themselves.



THE EDITRIXES

Most popular members: Anna Wintour, Franca Sozzani, Suzy Menkes, Cathy Horyn, Robin Givhan, Anna dello Russo

Key traits: The designers set the trends, but these powerful women influence whether or not everyday shoppers will buy them.

Where to spot them: Sitting expressionless at the centre of the front row, usually being interviewed, videotaped and photographed by a throng of reporters and cameramen

Tribes-within-a-tribe: The magazine editors wield a different kind of power from the newspaper writers, and there isn't a whole lot of mixing between the two.



THE RUNWAY STARS

Most popular members: Freia Beha Erichsen, Karlie Kloss, Joan Smalls, Rose Cordero and Lindsey Wixson

Key traits: They're the impossibly tall, leggy peripatetic creatures travelling in twos and threes between shows with their runway hair and makeup still on.

Where to spot them: Running out of the backstage entrance at any show venue into a taxi or chauffeured car.

Tribes-within-a-tribe: There are the girls of the moment (the models who walk in every show and star in the big ad campaigns) and then there are the new arrivals, the young, newon-the-scene girls who are hoping to get there

PRO



THE RETAIL **OUEENS**

Most popular members: Net-A-Porter Natalie Massenet, Lane Crawford's Sarah Rutson, Liberty of London's Yasmin Sewell and Harrods' Marigay McK-

Key traits: They usually have the nicest chauffeured cars and most of-the-moment accessories.

Where to spot them: Heading into a show with a trail of street style photographers hot on their embellished, colour blocked designer heels.

Tribes-within-a-tribe: The fashion directors of brickand-mortar shops have always commanded the most attention. But these days, the women and men behind the e-commerce sites, such as ASOS, are becoming more high-profile.



THE PUBLICISTS

Most popular members: Karla Otto, BPCM's

Vanessa Bismarck and People's Revolution's Kel-

Key traits: A clipboard in hand, an earphone cord around the neck and an extremely low tolerance for bollocks.

Where to spot them: Cutting that gate crasher down to size.

Tribes-within-a-tribe: Fashion publicists the world over are a tough breed, but the New York tribe is especially scary.



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NYFW newbies

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AND STARS

What to expect:

Lingerie and swimwear duo Nikki Dekker and Maayan Zilberman have been a cult favourite for a while now thanks to their undergarments that are so contemporary and cool that they demand to be shown off. But with an Ecco Domani award in the bag, they'll surely be broadening their fan-

thelakeandstars.com



KINDER **AGGUGINI**

What to expect: Already a fashion darling in London, Aggugini is fi-nally crossing the waters over to New York. He worked for Vivienne Westwood and John Galliano and describes his own line as "Coco Chanel marries Sid Vicious." That means you can expect nothing other than heaps of attitude and hopefully a little bit of provocation. aggugini.com



JOY CIOCI

What to expect: Cioci's impeccable resumé leaves a very narrow margin for mistakes not that we're expecting any. Clean, feminine, modern and fresh, her style reflects her time spent at luxury brands Ñina Ricci, Gucci and Carolina Herrera. joycioci.com

ROMINA MCGUINNESS





IN TODAY'S METRO AND ONLINE AT METRONEWS.CA/SEX

PRESENTED BY:







• With Valentine's Day just days away, we asked those lucky enough to claim they've found their perfect match how they managed to do so — and what steps to take to find your own

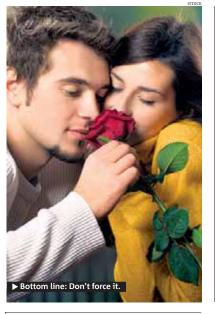
Find your soulmate

Be open to change For Barack Levin, 40, author of The Diaper Chronicles from Atlanta, the realization that his wife of 14 years, Michelle, was his soulmate didn't come until a life-threatening illness challenged their relationship.

The couple met as international students (he's from Israel; she's from France) studying in the same MBA program in Pittsburgh. "Despite all of our parents' warnings and the barriers of language, religion and background, we seemed to have a uniquely deep connection," Levin recalls.

Just a year into dating, Levin learned during a routine physical that he had a terminal kidney disease and, at the age of 26, was told he had five years to live. "I had no idea if she would want to spend the next five years with a condemned man," he says. "Until this day, I have no idea why she did-

n't leave me — I was arrogant, a show-off, a macho man. I've discovered you cannot remain the same person if you want to keep the relationship going. My wife changed me a lot: She softened me and showed me personality traits I never knew existedl." METRO



Look into your past

"Late in life romantic reconnections are all the rage these days, made easier by Facebook and email," says Isadora Alman, 70, a psychotherapist and writer from Alameda, Calif.

She speaks from personal experience: The week her marriage to a Jewish prince ended in 1975, she visited the public library to comb through major city directories in search of her college love, Morton Chalfy, now a 72-year-old publisher.

'Mort, and my relationship with him, had always been my touchstone for the best of what feeling loved was like," explains Alman. Despite a reunion in Florida and the fact that Chalfy had also divorced, "we were still too chair had also divorced, we were still too far apart — geographically and in lifestyle choices — to find a way to be together." Flash forward to late 2009, when Chalfy emailed Alman to promote a website for his

books. "A correspondence ensued, and in less than three months, we were living together and have been for the past year," she says.

GIFTS FOR



La dolce vita

Romantic couples get down for some fireside picnicking on this Grossby sheepskin rug (Ikea, \$189). Add some cheese and a bottle of red and you're set.



Cottage in the woods

A cottage, two pairs of snowshoes and an intimate "après ski" by a roaring fire might just be Cupid's Ultimate Canuck Getaway.



Coffee time

Stay at home, curl up with a good book and create your favourite café ambience. We suggest Nescafé Dolce Gusto Circolo by Krups (\$179.99).

If it feels wrong, run

"When I was a senior in high school, I met Brandi and fell head-over-heels in love," re-counts Jason Coleman, 43, a district supervisor for a sporting goods chain living in Federal Way, Washington.

"After I graduated, we got engaged and I shipped off to boot camp for 16 weeks. Several months after I returned, we were trying to make our relationship work but there was a disconnect that we couldn't figure out. To this day, I cannot explain why I broke off the engagement with Brandi we didn't disagree or fight. We didn't have any major problem — but I just knew in my gut that this was not the girl for me."

Less than a year later, Coleman met his wife of 21 years, Debby, at an all-city dance.

"It's nearly impossible to explain, but when you find your soulmate, you will discover the truth," says Coleman. "There will be no sky-writing or Chinese fortune cookie pointing the way, but you will know it in your heart.

METRO

Get your own life first

"No one wants to be with someone who doesn't have passion — something that makes them tick," says Jessica Barrutia, 23, a publicist from Chicago, who met her boyfriend of five years, Ryan Bumgarner, at a friend's party after her high school graduation.

"I was really focused on my goals and aspirations when I met Ryan. I didn't care if he talked to me, I didn't even care if he looked at me; I was sure of myself and knew I would be more than fine if he wasn't interested. I think having your own interests exudes confidence, which is attractive."

But before you run out and pick up a pair of knitting needles, realize that developing yourself runs much deeper than finding a hobby. "The work starts inside," notes Erin Hessel, 30, a licensed acupuncturist who believes that self-acceptance allowed her to find her fiancée, 30-year-old artist Jason Borbet, at a Manhattan bar four years ago.

"Taking this time [for introspection] gets our intention really clear so we can actually feel this connection when it comes into our lives.

METRO

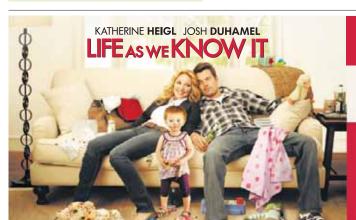
Stop searching for 'The One'

"I wasn't looking for a soul mate when I met my husband, Cameron," says Denise Lee, a 30-year-old marketing director from Levittown, N.Y. "We sort of found each other by accident. We were best friends and we'd talk with each other about the person we wanted to be with — then we finally re-alized that the person we were describing was each other.

Lee isn't the only one who believes things should unfold organically. "From the moment we met, we couldn't stop talking to each other," recalls Rosie Pope, 31, founder of Rosie Pope Maternity, a clothing line in New York, of when she first met her husband, Daron, in an elevator on the way to a rooftop bar.

"There was this shared subconscious need to keep spending time with one another. When you meet the right one, things just fit and are effortless. Being with them, making sacrifices for them — all of it is easy."

Bottom line: don't force it. "He's going to be that guy you are drawn to, who is also drawn to you," says Lee.



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Deliant Here in the frozen north, Valentine's Day requires an extra measure of resourcefulness Conjure blissful schemes to get warm and snuggly with your special someone. Here's how:

Gifts for him and her



Mad men

He's your own Don Draper, so gift him with a bottle of Canada's own whisky (Wiser's, \$24.45) and all the accoutrements (ice bucket, rocks glass). If you want to dress up in a tight skirt and heels to complete the mood, so much the better



Vampire lover

If she has the release date for Breaking Dawn circled on her calendar and worships Elena on TV's Vampire Diaries, give her a moody but glam piece, like a cropped black leather jacket (\$399, Danier) or a vaguely goth sword pendant from Thomas Sabo (\$89, Thomassabo.com for stores).



Touch me

A Be Mine gift box from Lush (\$44.95) makes your intentions plain. It contains an assortment of heavenly bath products and a massage bar that you can show him how to use. Add sexy silk boxers (\$10, Wal-Mart) because men need pampering too.



Valentines, Vegas-style Can't make it to Vegas, baby? Have a swinging Valentines at home with Playboy Play it Sexy eau de cologne (\$25, major drug stores) and these frou frou delicates from La Vie en Rose (heart print bra, \$32.95; thong \$15.95, lavieenrose.com).



Modern retro

Every so often, the classics need a twist This Timex Originals retro '70s-style timepiece (\$75, The Bay) is spare and hip-ster cool, while Ralph Lauren, the fragrance they all wore in high school, is all grown up in Big Pony #2 — a smoldery scent that contains the allure of dark chocolate - per-





Share the love

This beautiful artisan-crafted Maasai glass bead ring from Me To We adorns your loved one's finger and provides alternative income in a developing community (Maasai Heart Ring sold as a set with Pen-da Love Chain glass bead necklace for \$21.99, at metowe.com).

SUGGESTIONS BY LIZA HERZ



Smooth operator

Present him with a playlist of romantic tunes on a new iPod nano (\$159, Wal-Mart), and slip in a song written and performed by you! That's right. You don't have to be Lady Gaga to croon and whisper a heartfelt love pledge, sung a capella.



Sweets for your sweet

It's a classic: A Red Velvet Heart box from Canada's own Rogers Chocolates (\$49.99, rogerschocolates.com for locations). If you're feeling inspired, hide a hand-written love note under all the pleated paper cups.



Picture this

Digital is cold, analog is warm. Take a romantic stroll together through neighbourhoods where you normally only drive and record your journey on a Lomography analog camera. That's right, it uses film. (Lomogoraphy Diana mi-ni, \$105, Urban Outfitters).







Home is for the heart

◆ Take a break from the chocolates and roses this year and instead focus on your lover's living quarters

DESIGN CENTRE



KARL LOHNES
HOME@METRONEWS.CA

Finding a way to show your love to your sweetheart can be very stressful on Valentine's Day, so why not forgo the chocolates or roses and create a romantic environment for the one you love?

Special decor touches of colour, texture and whimsy can bring

heart-thumping feelings all year long. Here are a few sexy yet personal home goods that are sure to lift your love of everything decor.



Flicker of love

The Island Nights candle is one of the most sensually scented candles, with orchids, orange, musk and jasmine.

Tip: the coral sleeve makes a fabulous bottle coaster when the candle is long gone, and the amethyst glass container would be stylish on a desk as a pencil holder. \$47, crabtreeevelyn.com



Luscious Lips

Is there anything that makes more of a statement? I'd use this sexy sofa as a banquette by placing a stylish dining table near it.

A sofa with such personality is the star of the room. Other furnishings should be simpler in design and colour. A modern square-shaped chair in dark grey will make the sofa stand out even more. \$1,500 includes delivery.

sexyfurnishings.com



Sexy Walls

Painting the wall behind a bed or sofa can add much needed pizzazz to an all neutral, boring room. Surprise your loved one with the gift of a focal wall this Valentine's Day. The perfect colour of love is Bon Nuit AF635 from Benjamin Moore Paints. This murky purple tone looks great with almost any colour, especially the popular chocolate browns and greys. benjaminmoore.ca



A glitter in your eye

Cool chrome and red acrylic droplets create a splashy light fixture in a foyer or over a dramatic dining table.

Red means love. Hang it low (about four-to-five feet off the floor) over a corner table for a modern focal point in the living room. \$299, Euphoria Chandelier. homedepot.ca



A piece of me

Just a bit of body fluid, a kiss or fingerprint and look what you can give him? Your DNA makes personalized art. Go for bold and go big!

Large art is a great way to give big impact to a small space whether it be your lips or finger prints. From \$100. canvaspop.com



Tech Treats

Treat him to the ultimate docking station for ifetish items. The BeoSound8 is the perfect blend of style and sound.

Beware: one piece of B&O technology often leads to another ... you may be creating a style-tech obsession for him! \$1090, Bang & Olufsen. bang-olufsen.com



Under The Tuscan Sun

Treat her to an exclusive girl's week in Tuscany with designer and television personality Debbie Travis. She's guaranteed to come home with a million ideas to make the home more romantic. Remember: a trip for her is also a vacation for you, and you'll be the hero. From \$4,700 (plus air). debbietravis.com





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How to turn your shower into a spa

DIY IDEAS

When planning to remodel the shower, consider installing a shower bench to add luxury and comfort to your space.

Shower benches have become one of the most popular additions to the bathroom and give any stand-up shower a spa-like feel without breaking the bank.

DIY Network Canada's BATHtastic! (airing Fridays at 9 p.m. ET/PT and 9:30pm ET/PT) offers a step-by-step guide to framing and constructing a shower bench to fit any space.

Step 1: Plan it out

Measure the space in the shower and sketch out a rough design of where the bench will go. The simplest design is a rectangle that spans the width of the

space against the back shower wall.

Step 2: Make a frame

Start construction by making the top frame for the bench. This will be the piece you sit on in the shower.

While wearing safety goggles, use a miter saw to cut 2x4s to the measured length and width of the bench. Lay out the four pieces in the shape of a rectangle and secure together with a framing nail gun.

Step 3: Secure the top

Bring the newly-created top piece of the bench into the shower and position it at the desired height. Level the bench and nail each end into a wall stud against the back shower wall.

To reinforce the top piece, measure its inside length and width and construct a cross-shaped piece out of 2x4s.

Using the framing nail

gun, nail the cross-shaped piece inside the constructed top piece.

Step 4: Add some legs

To make legs, measure the height between the bottom of the shower and the bottom of the mounted frame. Cut the legs from 2x4 lumber and attach to the frame with the framing nail gun.

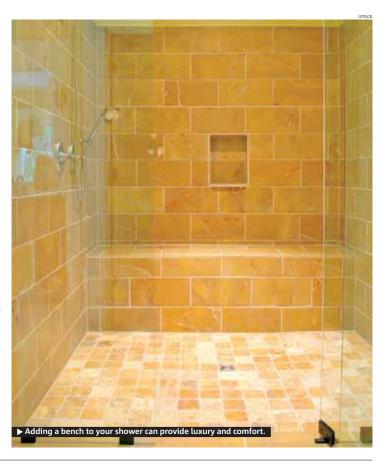
Step 5: Cover and tile

Cover all the framing with a waterproof membrane and backerboard.

Using silicone, caulk all seams. Tile the bench using mortar and a tile pattern that complements the shower's design and round the edges with a masonry stone.

When the mortar has dried, grout the joints and clean the tile. After the grout has dried, seal the grout lines with a sealant.

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Mini artwork in a chocolate

• Check out these Valentine's Day sweets with an artistic flair

Mar Da

proaches, many stores stock up on the usual fare: shiny, red, heart-shaped boxes with a variety of ordinary chocolates.

This year, why not kick your expression of love up a notch and buy some really beautiful, really delicious sweet treats? Small artisanal producers are creating gorgeous designs.

Most of these creative

chocolatiers have a brickand-mortar, as well as an online store, and many will be pleased to create customized bonbons, with appropriate lead time.

• With a Fine Arts background and an honours degree from the Culinary Institute of America, former pastry chef Jason Andelman crafts flavours such as malted milk, salted butcaramel, espresso lemon, and organic mint with French chocolate, and decorates the bonbons with hip modern graphic de-

He invites local artists to create seasonal, limited-edition designs, and part of the sales goes back to support local Arlington, Va., cultur-al projects. Attractive orange boxes wrapped with

burgundy ribbon hold the artisanconfections.com

 Brooklynites Mary Matson and Matt Even use their skill sets in advertising, design and confectionery to turn the iconic chocolate bar into something special.

Mentored initially by chocolatier Jacques Torres, their exquisite bars cover all kinds of chocolate, and are etched with linear graphics or stencilled words like "Yours" and "Eat

Their caramelized white



chocolate bar is a slab of tawny simplicity, stamped with the designers' names.

An array of stripy Neapolitan bars combining dark, milk or white chocolate with tangerine or strawberry flavours has a hip, modern look. chocolate-editions.com

 New Yorker Maribel Lieberman has taken haute

chocolate to an elegant level with her creations for Marie Belle.

Clad in blue and brown boxes, her chocolates were born of cacao beans from Ecuador, Venezuela, Java and Madagascar. Some of the flavours include exotics like saffron, cinnamon, pineapple, champagne and lemon

mariebelle.com



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• With degrees in food science and business, and tutelage from master chocolatiers, Mary Leonard of St. Paul, Minn., created Chocolat Celeste.

Her sweets, many available in sleek black boxes with pink ribbon, include a fun fashion group decorated with pink and green plaids, polka-dots and

swirls. An intriguing collection of pan-Asian flavours, such as ginger citrus, jasmine and plum wine are decorated with a palette of antique-inspired designs. store.chocolatceleste.com

• Jane Metcalfe and Louis Rosetto, co-founders of Wired magazine, have

turned their focus to choco-



San Francisco venture, TCHO. Their team of chocolate industry vets has developed flavour categories such as "nutty," "fruity" and "citrus" using just the characteristics of the cacao beans, with no additional ingredients. You can order an "Autoship" gift, which means TCHO will send a jarful of chocolatey goodness each month for up to a year. tcho.com

All of these artisan chocolates are made with fresh ingredients and no preservatives; the purveyors make a point of stating that consumption must be swift — usually within a couple of weeks of receipt. Unlikely to be a problem.

THE ASSOCIATED PRESS



A dinner to brighten your plate

• You can add a splash of colour to your kitchen table with these fresh coriander turkey burgers

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



This time of year may bring you down, with the cold days and long nights leav-

ing you longing for spring to get here — as soon as possible.

Why not brighten your plate and your mood with vibrant flavours and colourful ingredients?

Even though you might not have the barbecue handy (because it's covered with snow!), you can still enjoy burgers.

These turkey burgers are made with a twist and can be cooked right in your home in skillet on the stove.

They are lean and full of

fresh ginger, coriander and garlic to keep you humming a tasty tune right into spring

to spring.

For a side dish, these turkey burgers can be paired with fresh vegetables such as carrots, brocoli and tomatoes.

You can also feel free serve the patties on buns and to top them with your favourite burger toppings, including cheese, lettuce, pickles and condiments.

Preparation:

In a large bowl, whisk together the egg and soy sauce. Stir in the onions, garlic, ginger, coriander, breadcrumbs and pepper. Add the turkey and, using your hands, mix turkey into egg mixture until evenly distributed. Shape into 4 patties that are about ½ inch (1 cm) thick.

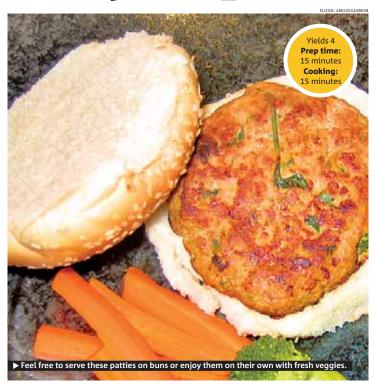
Ingredients:

- 1 egg, lightly beaten2 tbsp (25 mL) sodium re-
- 2 tbsp (25 mL) sodium re duced soy sauce
- 2 green onions, chopped
- 2 cloves garlic, minced
 1 tbsp (15 mL) minced
 fresh ginger
- 1/3 cup (75 mL) chopped fresh coriander leaves
- 1/3 cup (75 mL) dry bread-
- crumbs or crushed crackers
 ¼ tsp (1 mL) pepper
- 1 lb (500 g) extra lean ground turkey or chicken
- large non-stick skillet over medium-high heat; cover and cook them for about 15 minutes, turning them over once or until the burgers are no longer pink inside.

 EMILY RICHARDS IS A

Place the patties in a

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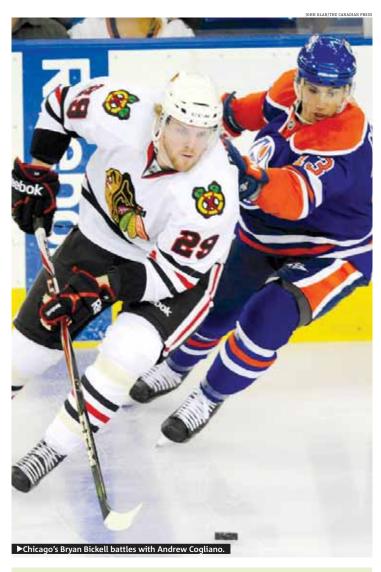
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Kane's goals help Hawks end skid



Chicago had lost two in a rowEberle scores lone goal for Oilers



HAWKS

OILERS

Patrick Kane scored twice as the Chicago Blackhawks snapped a two-game losing streak with a 4-1 victory over the Edmonton Oilers last night.

Patrick Sharp and Brian Bickell also scored for the Blackhawks (28-22-4), who have won just two of their last six games

last six games.
Jordan Eberle replied for the Oilers (16-30-8), who have lost five of their last six and 19 of their last 23.

The Blackhawks had the first prolonged pressure of the game midway through the first, and it paid off as Jonathan Toews passed to a hard-charging Sharp.

The Blackhawks went up 2-0 five minutes into the second as an errant Taylor Hall pass to the point was taken up ice on a break-away by Bickell, who beat Devan Dubnyk with a backhand deke.

Dubnyk was coming off his first career shutout on Monday in Nashville.

Monday in Nashville. Chicago goalie Corey Crawford was barely tested in the first 40 minutes, his biggest stops coming in the dying seconds on a pair of shots in tight from Hall.

The Blackhawks took a three-goal lead four minutes into the third period on their sixth power play of the night as Tomas Kopecky made a nice backhand feed from behind the goal-line to Kane, who snapped the puck into the net to make it 3-0.

Eberle ruined Crawford's shutout bid with just 3:40 left in the game as he scored on the rebound of a Jim Vandermeer point shot.

Kane put the game away for the Blackhawks with an empty-net goal with 43 seconds left.

Oilers head coach Tom Renney was not at the game, instead travelling to Cranbrook, B.C, to attend his father's funeral. Assistant coach Ralph Krueger ran the bench against Chicago and will also lead the Oilers against Ottawa on Saturday.

THE CANADIAN PRESS

Trade

Chicago traded winger Jack Skille to Florida just before the game. Skille and prospects Hugh Jessiman and David Pacan were dealt to the Panthers in exchange for forward Michael Frolik and highly touted Czech goalie Alexander Salak.

Leafs take a chance on recovering Lupul

Brian Burke is rolling the dice again.

In acquiring forward Joffrey Lupul from Anaheim yesterday, the Toronto Maple Leafs general manager hopes he's added a highly motivated player that has put a major injury behind him. Even he acknowledges that it's far from a sure thing.

"There's a human element in all of this," said Burke. "You bet on people "I think definitely I have a lot to prove to a lot of people now."

JOFFREY LUPUL

every time you make a trade. If this were just buying cars or buying livestock it would be a lot easier. But we're betting on human beings.

"I bet on Joffrey Lupul because of his character and his skill level and I believe he thinks he has something to prove."

Burke parted ways with defenceman Francois Beauchemin in the trade and also added prospect Jake Gardiner and a conditional draft pick in 2013.

Lupul is a three-time 20 goal-scorer that sat out nearly a year with a back injury and subsequent blood infection.

THE CANADIAN PRESS

Sports in brief



Isles goalie done for year

NHL. Islanders rookie goalie Kevin Poulin will miss the rest of the season after hurting his knee during pre-game warmups Tuesday night.
THE ASSOCIATED PRESS

Roy's return pushed back

NBA. Guard Brandon Roy has returned to practice with the Portland Trail Blazers but he won't return to the lineup this weekend as he had hoped.

Roy, who had arthroscopic surgery on both knees a little more than three weeks ago, worked out for about a half-hour with his teammates yesterday.

THE ASSOCIATED PRESS



Quoted



"It was the worst hit I've ever had from behind. I wasn't surprised, not when you see (Cooke) in the highlights all the time for dirty hits."

COLUMBUS DEFENCEMAN FEDOR TYUTIN AFTER BEING HIT BY PITTSBURGH'S MATT COOKE TUESDAY NIGHT.

"The player looks him right in the eye, knows he's coming and makes sure he keeps his number turned toward him, but Matt does hit him there and send him into the boards."

PENGUINS COACH
DAN BYLSMA



Scan code for more sports

NATIONAL HOCKEY LEAGUE

ACT	EDM	CO	MER	DE	NICE
AST	ERN	CO	NFE	:RE	NCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Philadelphia	53	35	13	2	3	180	137	75	18-7-0-2	17-6-2-1	8-2-0-0	W2
d-Tampa Bay	55	33	17	3	2	168	169	71	18-6-1-1	15-11-2-1	7-3-0-0	L1
d-Boston	54	31	16	2	5	169	125	69	15-10-1-2	16-6-1-3	7-3-0-0	W1
Pittsburgh	55	34	17	2	2	165	126	72	19-10-1-0	15-7-1-2	7-3-0-0	L2
Washington	55	29	16	5	5	150	136	68	17-6-2-5	12-10-3-0	5-2-1-2	L1
Montreal	55	30	20	4	1	145	139	65	18-7-3-1	12-13-1-0	5-3-1-1	L2
NY Rangers	56	29	23	2	2	155	138	62	12-12-1-2	17-11-1-0	3-6-0-1	L5
Carolina	54	26	21	3	4	161	167	59	14-9-1-1	12-12-2-3	4-5-1-0	L1
Atlanta	56	24	22	4	6	162	183	58	12-11-1-4	12-11-3-2	2-5-1-2	L4
Buffalo	52	25	22	5	0	152	153	55	12-12-1-0	13-10-4-0	7-3-0-0	W2
Florida	53	23	24	2	4	141	143	52	11-9-2-3	12-15-0-1	2-4-1-3	L1
Toronto	54	23	26	2	3	143	169	51	13-11-2-2	10-15-0-1	5-5-0-0	W2
New Jersey	54	20	30	3	1	116	156	44	11-13-2-1	9-17-0-1	8-1-1-0	W2
Ottawa	55	17	30	5	3	121	183	42	9-15-2-2	8-15-3-1	0-8-1-1	L11
NY Islanders	53	17	29	3	4	131	174	41	9-13-1-3	8-16-2-1	3-7-0-0	L1

WESTERN CONFERENCE

	O.		-	OIL	JL	O.	UM	1 (3	Home	Aivuy	Ed3C 10	Juk
d-Vancouver	54	35	10	4	5	183	127	79	19-3-1-4	16-7-3-1	6-1-1-2	W6
d-Detroit	54	32	16	4	2	177	160	70	16-8-3-1	16-8-1-1	5-5-0-0	L1
d-Dallas	54	30	18	2	4	154	153	66	16-7-2-3	14-11-0-1	4-5-1-0	L4
San Jose	55	30	19	4	2	155	146	66	13-10-2-1	17-9-2-1	9-0-0-1	W5
Nashville	55	29	19	4	3	145	130	65	12-5-3-3	17-14-1-0	5-4-0-1	W1
Phoenix	56	28	19	6	3	159	158	65	12-10-3-2	16-9-3-1	5-5-0-0	W3
Calgary	56	28	21	2	5	162	163	63	16-9-0-2	12-12-2-3	8-1-0-1	W2
Anaheim	54	29	21	2	2	146	150	62	17-8-0-1	12-13-2-1	7-3-0-0	W1
Minnesota	53	28	20	1	4	138	140	61	13-11-0-2	15-9-1-2	7-3-0-0	W1
Los Angeles	53	29	22	1	1	150	129	60	17-9-1-0	12-13-0-1	6-3-0-1	W2
Chicago	54	28	22	2	2	172	151	60	16-13-0-0	12-9-2-2	5-4-0-1	W1
Columbus	54	26	23	3	2	147	166	57	13-13-0-1	13-10-3-1	5-3-1-1	L1
St. Louis	52	24	20	4	4	140	154	56	16-8-1-2	8-12-3-2	4-4-2-0	W1
Colorado	54	25	23	6	0	166	178	56	14-13-3-0	11-10-3-0	3-7-0-0	L5
Edmonton	54	16	30	1	7	134	184	40	7-15-1-3	9-15-1-3	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. San Jose 2 Washington 0 Columbus 4 Pittsburgh 1 New Jersey 3 Carolina 2 (OT) St. Louis 2 Florida 1

Buffalo 7 Tampa Bay 4

New Jersey at Toronto, 7 p.m.

New Jersey at Turunto, 7 p.m. Carolina at Philadelphia, 7 p.m. Los Angeles at Pittsburgh, 7 p.m. N.Y. Islanders at Montreal, 7:30 p.m. Buffalo at Florida, 7:30 p.m.

Krejci Bos (fighting), Subban Mtl, Lucic Bos

(misconduct), Horton Bos (cross-checking) 17:06, Moen Mtl, Ference Bos (fighting), Boy-

chuk Bos (fighting, game misconduct), Thorn-ton Bos (roughing) 19:19, Ference Bos (fight-ing) 19:31, Thornton Bos (fighting), McQuaid

Bos (roughing, roughing) 19:35, Hamrlik Mtl

Montreal 8 16 9–33 Boston 18 11 5–34 **Goal** – Montreal: Price (L,26-18-5); Boston:

Thomas (W,26-6-6). Power plays (goals-chances) — Montreal: 4-10; Boston: 1-5.

Referees — Don Van Massenhoven, Brian

Att = 17 565 (17 565) at Bo BLACKHAWKS 4, OILERS 1

en — Michel Cormier Brian Murnhy

First Period
1. Chicago, Sharp 27 (Toews) 10:41
Penalties — Edmonton bench (too many men; served by Omark) 12:56, Foster Edm (holding)

15:17.

Second Period

2. Chicago, Bickell 13, 5:14

Penalties — Vandermeer Edm (hooking) 1:44,
Gagner Edm (hooking) 10:50.

Gagner Edm (hooking) 10:50. **Third Period**3. Chicago, Kane 16 (Kopecky, Toews) 4:15

(pp) 4. Edmonton, Eberle 11 (Vandermeer, Hall)

16:20
S. Chicago, Kane 17, 19:17 (Empty net)
Penalties — Smid Edm (high-sticking) 1:38,
Vandermeer Edm (tripping) 3:55, Cogliano
Edm, Peckham Edm (misconduct) 4:15, Toews
Chi (holding) 9:50, Johnson Chi (kneeing)

Shots

(fighting, game misconduct) 20:00.

Tonight's games

Last nights results Calgary 5 Ottawa 2 Boston 8 Montreal 6 Chicago 4 Edmonton 1 Minnesota 3 Colorado 2 Nashville 4 Detroit 1 Phoenix 3 Dallas 2 (OT) San Jose 3 Columbus 2 Tuesday's results
Toronto 5 N.Y. Islanders 3

BRUINS 8, CANADIENS 6 First Period 1. Boston, Marchand 15 (Bergeron, Recchi)

Second Period

2. Boston, Seidenberg 5 (Horton) 13:28 ing) 13:28, Gomez Mtl (tripping) 14:26, Pacioretty MtJ (interference) 19:31, Moen MtJ (misconduct), Price Mtl (roughing; served by Pyatt), Lucic Bos (roughing, roughing) 20:00.

3. Montreal, Gionta 20 (Plekanec, Wisniewski)

4. Montreal, Subban 7 (Gionta, Plekanec) 8:30

4. Montuea, Assessing (pp)
5. Boston, McQuaid 1 (Horton, Lucic) 9:48
6. Montreal, Weber 1 (Darche) 11:01
7. Boston, Ryder 15 (Wheeler, Hamill) 11:32
8. Boston, Lucic 22 (Horton, Krejci) 12:31
9. Montreal, Desharnais 4 (Subban, Weber)

9. Montreal, Deshamais 4 (Subban, Weber) 12-48 (pp) 10. Boston, Lucic 23 (Krejci, Horton) 14-49 (sh) Penalties — Horton Bos (hoboling) 73-23. Gionta Mtl (roughing, roughing), Wisniewski Mtl, Pacioretty Mtl, Reschi Bos, Chara Bos, Kampfer Bos (roughing), Price Mtl (deswing the crease, fighting; served by Harmfik), Thomas Bos (leaving the crease, fighting; served by Bergeron), Marchand Bos (charging, roughing) 12-236, Kampfer Bos (cross-redsching) 17-52. Third Period

11. Montreal, Pacioretty 7 (Wisniewski) 7:06

(pp) 12. Boston, Ryder 16 (Seidenberg, Kampfer) 10:01 (pp)

13. Boston, Horton 14 (Krejci) 14:54 14. Montreal, Pacioretty 8 (Desharnais, We-

ber) 19:46 (pp) Penalties — Spacek Mtl, Thornton Bos (fight-

ing, game misconduct), Moen Mtl, Pyatt Mtl (fighting) 0:40, Horton Bos (tripping) 6:40, Desharnais Mtl (interference) 8:06, Pouliot Mtl,

Goal — Chicago: Crawford (W,17-11-2); Edmon ton: Dubnyk (L,6-6-6). Power plays (goals-chances) — Chicago: 1-6; Edmonton: 0-2. Referees — Francois St. Laurent, Kelly Suther Linesmen — Ryan Galloway, Derek Nansen.

Att. — 16,839 (16,839) at Edmonton

FLAMES 5, SENATORS 2

First Period 1. Calgary, Jackman 8 (Hagman, Regehr) 8:40 2. Ottawa, Kelly 12 (Ruutu, Kuba) 9:17

3. Ottawa, Campoli 3, 10:21

Penalties — Ruutu Ott (goaltender interference) 1:41, Neil Ott (roughing) 14:07, Giordano Cal (holding the stick) 17:01, Kovalev Ott

(misconduct) 20:00. Second Period

3a. Calgary, Jokinen 10 (Glencross, Babchuk) 13:42 (pp) 4. Calgary, Glencross 15 (Jokinen, Babchuk) 17:44

Penalties — Giordano Cal (hooking) 1:39, But-

Penatues — Glordano Cai (nooking) 1:39, But-ler Ott (goaltender interference) 12:11. Third Period 4. Calgary, Babchuk 7 (Regehr) 8:36 (pp) 5. Calgary, Jackman 8 (Iginla, Morrison) 15:38

5. Calgary, Jackman 8 (Iginia, Morrison) 15:3 (pp)

Penalties — Ruutu Ott (interference) 7:24,
Spezza Ott (hooking) 14:06, Sarich Cal (holding the stick) 16:22.

Shots

Ottown 12 7 7 2-36

Shots

Ottawa 12 7 7–26

Calgary 16 10 9–35

Goal – Ottawa: Lehner (L,1-3-0); Calgary:

Kiprusoff (W,24-18-3). Power plays (goalschances) — Ottawa: 0-3; Calgary: 3-5.

Referees — Eric Furlatt, Chris Rooney, Linesmen — Don Henderson, Mark Wheler.
Att. — 19,289 (19,289) at Calgary.

TRANSACTIONS

AMERICAN LEAGUE

and LHP Dennys Reyes on a minor league co tract. Designated RHP Robert Coello for as-signment.

NFL

ARIZONA CARDINALS - Named Ray Horton

defensive coordinator. ATLANTA FALCONS — Released S Erik Cole-man. Re-signed LB Coy Wire to a two-year

contract. CLEVELAND BROWNS — Terminated the con-tracts of NT Shaun Rogers, LB Eric Barton, LB David Bowens, DL Kenyon Coleman, TE Robert Royal and OL John St. Clair. INDIANAPOLIS COLTS — Named David Walker running backs coach and Devin Fitzsimmons

coaching assistant.
NEW YORK JETS — Signed LB Brandon Long,
LB Garrett McIntyre and K Nick Novak to reserve/future contracts. SEATTLE SEAHAWKS — Signed DT Barrett

Moen. TENNESSEE TITANS — Named Bruce Matthews offensive line coach.

NHL

NHL — Suspended Pittsburgh F Matt Cooke four games and announced he will forfeit \$87,804.88 for a charging incident involving ⇒87,804.88 for a charging incident involving Columbus D Fedor Tyutin during Tuesday's game. Suspended New Jersey D Anton Volchenkov three games and announced he will forfeit \$68,548.38 for delivering a blow the head of Carolina F Zach Boychuk during Tuesday's game.

Tuesday's game. CAROLINA HURRICANES — Recalled D Brett Carson from Charlotte (AHL) on an emergency

DALLAS STARS — Activated C Tom Wandell

DALLAS STARS — Activated C Tom Wandell from injured reserve.
NEW YORK ISLANDERS — Placed G Rick DiPietro on injured reserve. Recalled F Jesse Joensuu from Bridgeport (AHL).
OTTAWA SENATORS — Recalled F Bobby Butler and F Jim O'Brien from Binghamton (AHL).
TAMPA BAY LIGHTHING — Ressigned F Mattias Ritola to Norfolk (AHL).
TORONTO MAPLE LEAFS — Traded D Francois Beauchemin to Anaheim for F Joffrey Lupul, D Jake Gardiner and a conditional 2013 fourthround draft pick.

SOCCER

INTERNATIONAL FRIENDLIES

Yesterday's results Albania 1 Slovenia 2 Belgium 1 Finland 1 Cambodia 3 Macau 1 Cape Verde Islands 1 Burkina Faso 0 Croatia 4 Czech Republic 2 Cyprus 1 Romania 1 (Romania wins 5-4 on penalty kicks) (Romania wins 5-4 on penal Denmark 1 England 2 Equatorial Guinea 2 Chad 0 France 1 Brazil 0 Germany 1 Italy 1 Israel 0 Serbia 2 Libya 3 Benin 2 Luxembourg 2 Slovakia 1 Macedonia 0 Cameroon 1 Malaysia 2 Hong Kong 0 Malta 0 Switzerland 0 Morocco 3 Niger 0 Mozambique 1 Botswana 1 Namibia 1 Malawi 2 Netherlands 3 Austria 1 Nigeria 2 Sierra Leone 1 Philippines 2 Mongolia 0 San Marino 0 Liechtenstein 1 Senegal 4 Guinea 0 South Africa 2 Kenya 0

Swaziland 0 Zambia 4 Tanzania 1 Palestine 0 Turkey O South Korea O eece 1 Canada 0

Spain 1 Colombia 0

Greece 1 Canada 0 At Abu Dhabi, U.A.E. Iran 1 Russia 0 At Dubai, U.A.E. Azerbaijan 0 Hungary 2 At Amadora, Portugal Guinea-Bissau 3 Gambia 1 At Antalya, Turkey Belarus 1 Kazakhstan 1

Estonia 2 Bulgaria 2 Latvia 2 Bolivia 1 At Dublin

Northern Ireland 0 Scotland 3
At Faro, Portugal
Poland 1 Norway 0
At Geneva At Geneva Argentina 2 Portugal 1 At Lagos, Nigeria Moldova 2 Andorra 1

At Limassol, Cyprus Armenia 1 Georgia 2 At Nicosia, Cyprus Ukraine 1 Sv

(Ukraine wins 5-4 on penalties) At Rouen, France Republic of Congo 0 Gabon 2

CURLING

ONTARIO TANKARD CHAMPIONSHIP Yesterday's Results

CHAWIF ON SHIP

Yesterday's Results

Iffith Draw
Mark Rice Jake Higgs 7
Mark Rice Jake Higgs 7
Mark Rice Jake Higgs 7
Mark Rice Jake Higgs 2
Dale Matchett Shick Rizeo2
Howard Rajala 10 John Epping 5
Sixth Draw
Mark Riice 10 Howard Rajala 9 (extra end)
Peter Corner 5 Jake Higgs 2
John Epping 9 Chris Gardner 7
Glenn Howard 9 Greg Balsdon 7
Nick Rizzo 9 Mark Kean 5
Peter Corner 11 Howard Rajala 8
Greg Balsdon 11 John Epping 6
Glenn Howard 10 Nick Rizzo 4
Dale Matchett 7 Mark Kean 2
Mark Bice 10 Unick Serzo 4
Dale Matchett 7 Mark Kean 2

Mark Bice 10 Chris Gardner 9 (extra end)
Tuesday's results
Third Draw

Third Draw
John Epping 8 Peter Corner 2
Mark Kean 9 Howard Rajala 5
Chris Gardner 12 Dale Matchett 5
Greg Balsdon 9 Nick Rizzo 5 Greg Baisdon 9 NICK RIZZO 5 Glenn Howard 11 Jake Higgs 2 **Fourth Draw** Greg Balson 10 Dale Matchett 6

TENNIS

ATP SAP OPEN At San Jose, Calif. Yesterday's results Singles — First Round

First Round

Fernando Verdasco (1), Spain, def. Rajeev Ram, U.S., 6-3, 6-2. Ivo Karlovic, Croatia, def. Ryan Sweeting, U.S., 6-4, 6-4. Robert Kendrick, U.S., def. Igor Kunitsyn, Rus-

Robert Kendrick, U.S., def. Igor Kunitsyn, sia, 7-5, 3-6, 6-4. Second Round Richard Berankis, Lithuania, def. Donald Young, U.S., 6-4, 5-7, 7-5. Milos Raonic, Thornhill, Ont., def. James Blake, U.S., 6-2, 7-6 (4).

ATP ABN AMRO WORLD TOURNAMENT

At Rotterdam, Netherlands Singles — First Round

Singles – First Round
Marcos Baghdatis, Cyprus, def. Andy Murray
(2) Birtain, 6-4, 6-1.
Mikhail Youzhny (6), Russia, def. Marcel Granollers, Spain, 6-2, 7-6 (6).
Feliciano Lopez, Spain, def. Florian Mayer,
Germany, 6-3, 6-4.
Benoît Paire, France, def. Gilles Simon,
France, 6-2, 2-6, 6-3.

France, 6-2, 2-6, 6-3. Second Round

Marin Cilic, Croatia, def. Jurgen Melzer (5). Austria, 6-2, 6-4. Jo-Wilfried Tsonga (8), France, def. Michael

Llodra, France, 4-6, 6-4, 6-4. Viktor Troicki, Serbia, def. Jarkko Nieminen, Finland, 7-6 (4), 7-5.

WTA OPEN GAZ DE FRANCE SUEZ

At Paris
Singles — First Round
Nadia Petrova (5), Russia, def. Virginie Razzano, France, 6-1, 6-3.
Andrea Petkovic (6), Germany, def. Angelique Kerber, Germany, 7-5, 3-6, 6-2

Yanina Wickmayer (7), Belgium, def. Elena Vesnina, Russia, 7-6 (1), 6-2. Sofia Arvidsson, Sweden, def. Alize Cornet, France, 6-2, 7-6 (5). econd Round

Second Round
Kim Clijsters (1), Belgium, def. Kristina Barrois, Germany, 4-6, 6-2, 6-0.
Dominika Cibulkova (8), Slovakia, def.
Melanie Oudin, U.S., 6-4, 7-6 (5).

WTA PTT PATTAYA OPEN At PATTAYA, Thailand Singles

Second Round

Second Round
Anal Vanovic (2), Serbia, def. Jill Craybas,
U.S., 4-6, 6-1, 7-5.
Galina Voskoboeva, Kazakhstan, def. Maria
Kirilenko (3), Russia, 1-6, 7-5, 6-4.
Roberta Vinci (5), Italy, def. Zhang Shuai, China, 7-5, 6-1.
Peng Shuai (6), China, def. Elena Baltacha,
Britain 2-6, 6-1, 6-4.

Britain, 2-6, 6-1, 6-4

LACROSSE

EAST DIVISION GD W I Pct. GF GA GB

	UP	vv	_	PCC.	ur	UA	UD
Toronto	6	4	2	.667	69	59	_
Buffalo	5	3	2	.600	53	50	1/2
Rochester	5	3	2	.600	49	54	1/2
Boston	7	4	3	.571	64	53	1/2
Philadelphia	6	3	3	.500	52	56	1
WEST DIV	/ISI	NC					

Calgary 6 4 2 .667 71 Minnesota 5 3 2 .600 58 .500 69 .200 47 .000 44 Washington Colorado WEEK SIX

WEEK SIX Friday's game Washington at Edmonton, 9 p.m. Saturday's games Calgary at Toronto, 7 p.m. Buffalo at Philadelphia, 7 p.m. Colorado at Boston, 7:30 p.m. Minnesota at Rochester, 7:35 p.m. Edmonton at Washington, 10:30 p.m.

NBA

EASTERN CONFERENCE										
	W	L	Pct	GB						
d-Boston	38	13	.745	_						
d-Miami	38	14	.731	1/2						
d-Chicago	35	16	.686	3						
Atlanta	33	19	.635	51/2						
Orlando	34	20	.630	51/2						
New York	26	25	.510	12						
Philadelphia	24	28	.462	141/2						
Indiana	22	28	.440	151/2						
Charlotte	22	30	.423	161/2						
Milwaukee	20	31	.392	18						
Detroit	20	33	.377	19						
New Jersey	16	37	.302	23						
Washington	14	37	.275	24						
Toronto	14	39	.264	25						
Cleveland	8	45	.151	31						

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	44	8	.846	-
Dallas	36	15	.706	71/2
d-L.A. Lakers	36	16	.692	8
d-Oklahoma City	33	18	.647	101/2
New Orleans	32	22	.593	13
Denver	30	22	.577	14
Utah	31	23	.574	14
Portland	28	24	.538	16
Memphis	28	26	.519	17
Phoenix	24	25	.490	181/2
Houston	25	29	.463	20
Golden State	22	28	.440	21
L.A. Clippers	20	32	.385	24
Minnesota	13	39	.250	31
Sacramento	12	36	.250	30

Last night's results Detroit 103 Cleveland 94 Indiana 104 Charlotte 103 New Jersey 103 New Orleans 101 (OT)

Orlando 99 Philadelphia 95 San Antonio 111 Toronto 100 Washington 100 Milwaukee 85

San Antonio LLI 100 milwaukee 85
L.A. Clippers 116 New York 108
Chicago 91 Utah 86
Dallas at Sacramento
Denver at Golden State,
Tuesday's results
Philadelphia 117 Atlanta 83
Orlando 101 L.A. Clippers 85
San Antonio 100 Detroit 89
Miami 117 Indiana 112
Milwaukee 92 Toronto 74
Memphis 105 Oldahoma City 101 (0T)
Minnesota 112 Houston 108
Tonight's games
L.A. Lakers at Boston, 8 p.m.
Golden State at Phoenix, 9 p.m.
Friday's Games
New Jersey at Chanlotte, 7 p.m.
Minnesota at Indiana, 7 p.m.
Mew Orleans at Orlando, 7 p.m.
San Antonio at Philadelphia, 7 p.m.
Portland at Goronto, 7 p.m.
San Antonio at Philadelphia, 7 p.m.
Portland at Goronto, 7 p.m.

San Antonio at Philadelphia, 7 p.m. Portland at Toronto, 7 p.m. L.A. Clippers at Cleveland, 7:30 p.m. Miami at Detroit, 7:30 p.m. Milwaukee at Memphis, 8 p.m. L.A. Lakers at New York, 8 p.m. Phoenix at Utah, 10:30 p.m.

SPURS 111, RAPTORS 100

SAN ANTONIO (111)
Jefferson 1-2 0-0 3, Duncan 7-11 2-2 16, Blair
14-21 0-0 28, Parker 8-15 0-0 16, Ginobili 6-11
0-112, Hill 5-9 6-6 18, Spitter 2-3 2-7, 6, Mala
3-5 1-3 9, Bonner 1-4 0-0 3, Novak 0-0 0-0 0, Ouinn 0-0 0-0 0. Totals 47-81 11-19 111. TORONTO (100) Weems 4-9 0-0 8, A.Johnson 5-10 2-2 12,

Weenis 4-9 0-0 1-2 29, Calderon 3-9 0-0 6, DeRozan 10-18 5-7 25, Davis 0-0 0-2 0, Bay-less 0-1 0-0 0, Barbosa 7-16 5-5 20, Ajinca 0-1 0-0 0, Wright 0-0 0-0 0. Totals 42-84 13-18

Neal 2-3, Jefferson 1-1, Bonner 1-4, Parker 0-1, Ginobili 0-3), Toronto 3-9 (Bargnani 2-4, Barbosa 1-4, Calderon 0-1). Fouled Out—None. Rebounds—San Antonio 51 (Blair 11), Toronto 38 (A.Johnson 13), Assists-San Antonio 30 (Ginobili 9), Toronto 22 (Calderon 11). Total Fouls—San Antonio 19, Toronto 18. Techni-A-15,867 (19,800) at Toronto

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Crossword

12

15

18

26 27 28

31

34

37

45

53

- 1 Blunder 5 Weep loudly 8 Window ledge
- 12 Hebrew month 13 Playwright Levin
- 14 Small combo
- 15 Come in second
- 16 canto
- 17 Seeping 18 Blood channel
- 20 Object of worship 22 Admiral William o
- wwii
- 26 Assertion
- 29 Feedbag morsel 30 Rage
- 31 Amour
- 32 Phys. or biol. 33 Valhalla VIP
- 34 Mentalist Geller
- 35 Thee
- 36 Part songs 37 Consider
- 40 Albacore
- 41 Speak unclearly
- 45 Popular housepla
- 47 Upper surface 49 Bedouin
- 50 Ireland
- 51 Have a bug
- 52 Poetic foot 53 Like candles or
- crayons
- 54 Crafty
- 55 Society newcomers

Down

- 1 Festive

- 6 Raw rock

- 2 Stench 3 Kiln
- 5 Prophetess

4 Comp

South Pacific" song 8 Milkmaid's perch

- 9 Raymond Burr role 10 Claiborne of fash-
- 11 Actress Myrna 19 Pirates' quaff
- 21 Feline
- 23 tenens (temporary officeholder)
- 24 Pennsylvania port 25 Longings
- 26 Organization 27 Traditional tales
- 28 Amelia Earhart, e.g. 32 Some Beethoven

54

33 Kids' card game 35 Yang counterpart

47 48

51

13

16

32

19

35

22

38

40

46

- 36 Wildebeest 38 Soft and liquid
- 39 Suggest
- 42 Highland hillside
- 43 Mary's follower 44 Recedes
- 45 Not many

46 Historic time 48 Lubricate

Sudoku

10

24 25

30

42 43

14

17

33

49

52

55

➤ Yesterday's answer

36

20 21

39

41

23

29

3				6				5
	9			7			4	
2			4		9			3
9		1				4		7
		8	1		7	3		
7		6				5		2
4			7		2			9
	5			1			2	
1				4				8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

A look at the weather

FRIDAY

2 Max 4°

Min -1

7	6	4	1	5	8	9	2	3
1	9	8	3	4		5		6
2	3	5	7	9	6	8	4	1
9	5		4		1	2	3	7
8	2	1	6	7	3	4	5	
3	4	7	9	2	5	1	6	8
4	1	3	5		9	7	8	2
5	8	9				6	1	4
6	7	2	8	1	4	3	9	5

Caption contest

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Ros I love you with all my heart. I hope you can forgive me for my mistakes all I want is to be with you YOUR MUFFIN

Mark, I love you sooo Much! You mean the world to me! Will you be my valentine? LOVE YOUR GIRL G

Adam, happy almost-Valentine's day baby! You are the sunshine on my rainy days <3 lav you so much!!! YOUR FAVOURITE EV :)

Mr. highlighter! I can't believe it's about to be our first valentines day together. You are honestly the light of my life and the reason I wake up in the morning. You're an amazing person and I want the whole world to know how much I love you :) FOREVER YOURS, STEPHY <3

Michele McDougall (BT) BREAKFA

Weather Specialist
"My favourite part is reporting the

weather. It fascinates me, and as we know around here, it's always

changing, keeping forecasters on their toes". WEEKDAYS 6AM

For today's crossword answers and for expanded horoscopes, go to metronews.ca

T Aries March 21-April 20

Today's horoscope

You'll be in demand today, so promise yourself that you will not accept each and every invitation that comes your way. If you do, you will soon be exhausted. It's always about quality, not quantity.

¥ Taurus April 21-May 21

Venus, your ruler, links with Pluto, planet of passion, in one of the best areas of your chart. That tells you anything of a creative or romantic nature will go brilliantly.

II **Gemini** May 22-June 21 Be

honest with yourself, and with other people, about what you can accomplish, even if it means you have to break a promise you made at the start of the year.

Gancer June 22-July 22 It's

someone you fell out with. Why you drifted apart is not important. What matters is that you both realize life is better for when vou're together.

Ω Leo July 23-Aug.23 Nothing will upset you today. The world around you may be in a constant state of crisis but you will sail through it all without

you're not, you will be, soon.

MP Virgo Aug. 24- Sept. 22 YOU have a glow about you today feed off your inner warmth. you'll be crowded, but don't

time to patch things up with

a care. Are you in love? If

and others will draw closer to Don't let them get too close or turn them away, either. You're a magnet for good vibes.

← Libra Sept. 23-0ct. 23 Your imaginative powers are high and you must find ways to use them for your own enjoyment and profit. You must also find ways to cheer up someone going through a rough patch.

M Scorpio Oct. 24-Nov. 22

With Venus, planet of love, on ideal terms with your ruler, Pluto, you can charm your way into the affections of anyone you please. You've always been irresistible but, today, the world wants to be your friend.

Nov. 23-Dec. 21 If you are generous to others, they will be generous to you. However, if you refuse to help where help is needed, you will find that your own needs remain unfulfilled.

り Capricorn Dec. 22-Jan. 20

TODAY

Min -2°

Max 3°

The amount of intensity you have shown in recent weeks will match your easygoing mood now. Venus in your sign will help you see things in perspective, and Pluto will help you act on what you see.

Aquarius Jan. 21-Feb. 18 If you face a choice between making your own life more comfortable and helping someone who is not as fortunate as you, there is little doubt you'll choose the latter.

H Pisces Feb. 19-March 20 You will make an effort to see the good in each person you meet. You will also make it your business to do good yourself. knowing that it will spread outward. SALLY BROMPTON

SATURDAY

Max -1°

Min -5°

"I do not get paid enough"

You WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro



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★ Henna

Eyelash Tint

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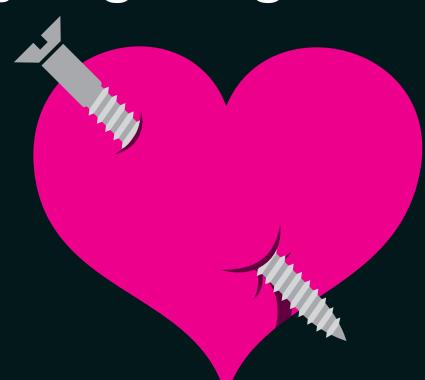
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